

**Report
of
the
Committee on Evaluation of
Therapeutical claimsof yogic Practives**



सत्यमेव जयते

**New Delhi
Ministry of Education 1962**

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CHAPTER I

APPOINTMENT OF THE COMMITTEE

In 1958 the Government of India had set up a Committee to make an on-the-spot study of the working of the Vishwayatan Yoga Ashram, Katra Vaishno Devi (Jammu & Kashmir State) and make recommendations to the Government of India in respect of the proposals put forward by the Yoga Ashram for the expansion and development of its activities. The Committee *inter alia* recommended as follows :—

“Elaborate claims are being made regarding the therapeutical values of Yogic Practices. Government would do well to appoint a Committee of Medical Experts to study this so that benefits which may be observed can be given wider publicity and utilised in greater measures. If, on the other hand, the claims are proved not to be valid the public must be made known of the position.”

The above recommendation of the Committee was accepted by the Government of India and in consultation with the Ministry of Health the appointment of the Committee was announced with the following composition :—

- (1) Dr. B. K. Anand, Professor of Physiology, All India Institute of Medical Sciences, New Delhi. (Convenor)
- (2) Dr. S. S. Misra, Professor of Medicine, King George Medical College, Lucknow. (Member)
- (3) Dr. B. Narayana, Principal, S. R. M. Medical College, Kakinada (Andhra Pradesh). (Member)
- (4) Dr. V. Narayanaswami, Retired Chief Lecturer in Ayurveda, College of Integrated Medicine, Madras. (Member)

The terms of reference given to the Committee were as follows :—

- (i) “to study and evaluate the therapeutical values of Yogic Practices ;
- (ii) “to visit the institutions and recommend suitable measures for developing them on scientific lines.”

In the very first meeting of the Committee it was felt that the therapeutic aspect of Yoga cannot be studied in isolation. In order to assess the benefits of Yoga to any man it will be necessary to study the therapeutical and preventive aspects of Yoga not in isolation, but as aspects of a system seeking to achieve profound changes in the body, mind and nature of man.

We respectfully submit this report and hope it will help the Government of India to take suitable measures for developing on scientific lines the working of the institutions recommended in this Report.

(Sd.) B. K. ANAND,
Convenor.

(Sd.) S. S. MISRA,
Member.

(Sd.) B. NARAYANA,
Member.

(Sd.) V. NARAYANASWAMI,
Member.

NEW DELHI,
September 28, 1961.



The Committee was required to submit its report to the Government of India within a period of three months from the date of its first meeting. Subsequently, however, on the request of the Committee the time limit for the submission of its report was extended to July, 1961.

The Committee held six meetings—on 21st September, 1960, 6th November, 1960, 30th December, 1960, 1st April, 1961, 9th May, 1961 and 3rd July, 1961. During this period various members of the Committee visited the institutions selected for the on-the-spot study. In addition to such visits the Committee also examined a few witnesses and records.

At its first meeting the Committee decided to issue a questionnaire (Appendix I) to the various Yogic Institutions (Appendix II) in the country for collection of certain basic data in respect of the *locus standi* of the institutions as well as the nature and scope of their activities. This questionnaire was issued by the Ministry of Education on the 24th September, 1960, to the institutions within the knowledge to the Ministry. A Press-Note was also issued and copies of the questionnaire supplied to all other institutions who asked for the same. The questionnaire was sent to 71 institutions in all. Replies to the questionnaire were received from 42 institutions. A consolidated statement showing their replies is given in Appendix IV. These were considered by the Committee. On the basis of the information made available to it, the Committee selected a few institutions for an on-the-spot study. A list of the institutions actually visited with dates of the visits and the names of the members of the Committee who were present on these visits is placed at Appendix III of the Report.

As a result of visits to the various Yogic institutions, the *impressions formed* by the Committee regarding these institutions are included in Chapter II. In Chapter III, an evaluation by the Committee of the therapeutical claims of Yogic practices is given. Based on this knowledge the Committee's recommendations for the scientific development of the various institutions engaged in Yogic therapy are given in Chapter IV.

CHAPTER II

IMPRESSIONS ABOUT THE INSTITUTIONS VISITED

The following institutions have been visited by the Committee. The impressions of these visits by the Committee members on each of these institutions are recorded below :

(i) **Vysya Vyayam Sangham, Guntur (A. P.).**

Dr. B. Narayana visited this institution and observed that this was started as a gymnasium for the Vaishya community where during the last 3 years instructions in Yogic *asanas* are also being given. This institution is primarily for the improvement of the health of the participants. Some persons have also been treated for various ailments but as no records have been kept it has not been possible to evaluate and verify the therapeutic claims put forward by the institution.

(ii) **Kaivalayadham Ishwardas Chunilal Yogic Health Centre,
43, Netaji Subhash Road, Bombay,**

and

(iii) **Kaivalayadham Shreeman Madhva Yoga Mandir Samiti,
Scientific Research Department, and Yogic Hospital, Lonavla (Poona).**

The K. S. M. Y. M. Samiti is running two centres, one in Bombay and one in Lonavla. Both the centres were visited by all the members of the Committee.

In Bombay, their centre (Kaivalayadham I. C. Yogic Health Centre) situated on Marine Drive is housed in a small building with a certain amount of land available for extension. This has been used as a sort of out-patients treatment centre for various diseases by Yogic practices. Four licentiate doctors work in Out-patients Department of this Centre in an honorary capacity and they attend this Centre in the mornings and evenings. The records at this Centre have been kept since 1932 in the form of small case sheets. However, for lack of time the doctor could not complete the data as required in the case sheets. For this reason, the records are not useful for our purposes. We were very much impressed by the performance and zeal of the Director and his assistants. There is rich material available which, if scientifically and properly investigated, can provide an answer to the therapeutic claims of Yoga.

At Lonavla, the Director showed the Committee the hospital which has recently been started, and also a very well equipped Electronics-cum-Physiology laboratory, where the effects of Yoga on the various functions of the body can be studied. The research laboratory at this Centre has done some good work but due to lack of trained personnel, it has not been possible to put it to its best use so far. One of the doctors attached to this centre is under training these days

in a Physiology laboratory and will be able to join soon. The idea behind starting the hospital is to keep patients in this institution and treat them by suitable diets, asanas and kriyas for their various ills. The hospital building has been completed but it lacks a pathology laboratory for carrying out investigations.

While at Lonavla, the Committee also interviewed Shri K. Chandara of the Indian Meteorological Officer, Poona, who had informed the Committee that he had been greatly benefited by Yogic therapy. He had respiratory disease. The diseased condition of the lungs is still there, but the symptoms have abated, probably as a result of drainage of the cavities of the lungs.

(iv) Shri Ramtirath Yogasharam, 27, Viscent Square, Street No. 2, Dadar (Bombay).

This was visited by all the members of the Committee. It is housed in a small place. No records are kept of any patients treated. We feel that this Yogasharam has been commercialised and seems to have lost touch with the aims of Yoga.

(v) Yoga Institute, Santa Cruz, Bombay.

All the members of the Committee visited this Institute and had a long discussion with its Director, Swami Yogendera. This Institute has been functioning for long time and has been treating outdoor patients by Yogic therapy. They have recently constructed a building with a few beds, where they propose to keep patients under constant observation and treat them by the usual methods of Yoga. The Institute had also kept some records but they were of no value to us from the point of evaluation of claims of Yogic therapy. The Director impressed us as a keen man who is well versed with the principles and practices of Yoga and is prepared to maintain complete records provided facilities are made available. We were told that they have already approached the State and Central Governments for financial support.

**(vi) Yoga Abhyas Mandal, Nagpur,
and**

(vii) Arogya Mandir, Nagpur.

All the members of the Committee visited the two institutions at Nagpur, viz., Yoga Abhyas Mandal and Arogya Mandir. The former is run by an Ayurvedic physician who claims that to some of his patients he gives Yogic treatment for medically incurable diseases. He has not kept any record of attendance of these patients. He seems also not anxious for any further development of the Institution.

The other institution, Arogya Mandir, is managed by a local Committee whose members are respectable citizens. At present they are not having a building of their own and they are running the

institution in a school which is utilised for purposes of Yoga abhyas. This institute also has not maintained any records.

(viii) Arogya Yoga Ashram, Thondiarpet, Madras.

Three members of the Committee visited Arogya Yoga Ashram at Madras. This is run by Smt. Sita Laxmi whose husband started the Ashram but died some years ago. The Yogic exercises are claimed to be taught by her sons. The reports of that Centre are unsatisfactory and the Committee do not think any worthwhile work is being done there regarding the therapeutical values of Yoga.

**(ix) Yoga Vidya Sangham, Trivandrum,
and**

(x) Yoga Health Training Centre, Trivandrum.

These two Centres in Trivandrum were visited by two members of the Committee. The Yoga Vidya Sangham is run by Shri Padmanabhan Pillai and this centre had a fair sized gathering of ladies and gentlemen who were taking part in Yogic exercises regularly. The records at this centre also have not been kept well and there was no medical control of the patients treated. Shri Pillai, on the other hand, is an enthusiastic person, and he and his team are agreeable to have medical control provided financial help is given to them.

The other centre—Yoga Health Training Centre, Trivandrum—has no records to show and the Director of the institution claims that he makes the diagnosis by television and treats people accordingly. He could not in any way impress the Committee members.

**(xi) Shri Kodi R. N. Memorial Yoga and Nature Cure Clinic,
Kankipad—Post (Andhra Pradesh).**

This Yogic Centre at Kankipad was visited by two members of the Committee. It is run on a proprietary basis with enough accommodation for in-patients. The institution is run by Shri K. R. Chaudhry as Director and he charges Rs. 25 a month for each patient. He has also got a small library with 1200 books and at the time of the visit of the Committee, there were 16 in-patients. The records are not maintained properly but the Director says that if financial help could be given he would have the Institute organised properly.

(xii) Divine Life Society, Rishikesh (U. P.).

The Divine Life Society of Rishikesh was visited by three members of the Committee. This Centre is situated in an ideal place and is primarily interested in the spiritual aspects of Yoga. This centre also runs a small dispensary where a number of patients are treated. No records have, however, been kept in respect of these patients. The possibilities of developing this Centre, where therapeutic trials on Yoga practices could be conducted, was discussed with the authorities. They were willing to conduct such trials.

(xiii) **Yoga Sadhan Asharam, Hardwar,**
and

(xiv) **Yoga Abhyas Asharam, Kankhal (Hardwar).**

Two other Centres at Hardwar, i.e., Yoga Sadhan Asharam and Yoga Abhyas Asharam, were also visited by the Committee members. Both these Centres were reported to be originally run by the same person. After his death, however, these have separated. Both the Centres are also running a number of branches in different cities. Claims have been made for treating various diseases at the two centres in Hardwar as well as at their different branches, but no proper records of the same have been kept. Vague statements made by different individuals have been kept on record. Moreover no arrangement exists to scientifically evaluate these claims.

(xv) **Prakritik Chikitsalaya, Gandhi Nagar, Jaipur.**

The Prakritik Chikitsalaya, Jaipur, was visited by one member of the Committee. At this place a nature cure clinic was being run previously and it has now been decided by the Rajasthan Government to convert it into a joint therapy centre embodying both nature-cure as well as cure by Yogic practices. The building for housing in-door patients has already been constructed but this has still to be furnished, equipped and staffed. The possibilities of appointing qualified medical personnel and providing laboratory facilities for various types of tests were discussed with the State Minister of Health who was present there. The authorities of the Centre are agreeable to convert it into a centre where the treatment will be done by Yogic practices and the assessment done by qualified medical personnel. Such a trial has not been conducted uptill now.

(xvi) **Yoga Research Institute, Alampuram, (W. Godavari Distt., Andhra Pradesh).**

The Yogic Research Institute of Alampuram was visited by one of the members of the Committee. Shri Ramananda Yogi, who has set up this Institute, has previously been investigated by one of the members of the Committee in his laboratory and has shown some very interesting results. Studies were conducted on his metabolic pattern and brain activity when he went into 'Samadhi' and it was observed that he had some voluntary control over these activities of his body. It was, therefore, felt that the Centre set up by Shri Ramananda Yogi would have great possibilities for training people in Yogic practices as well as testing the effect of some of these practices for their therapeutical values. Shri Ramananda Yogi claims that he has been treating a number of persons with diseases in the surrounding villages for some years. But as there are no records, all these statements could not be verified. A small new building has already been constructed at this place with the help and assistance from Andhra Pradesh authorities and Shri Ramananda wants to convert this into a centre both for training as well as treatment.

(xvii) **Bharat Sewak Samaj Yoga Health Centres, Pandara Road, New Delhi, and Delhi Cloth Mills, Delhi.**

Three members of the Committee visited both the centres. They were shown some of the exercises which were carried out by the participants at Pandara Road as well as Delhi Cloth Mills Centres. A paid instructor has been appointed for the Delhi Cloth Mills Centre, while the instructors at other centres are honorary. The Committee members also met several members of the Bharat Sewak Samaj. The centres run by the Bharat Sewak Samaj are interested primarily in improving the physical and mental health of the masses and to infuse in them the sense of duty. Some centres are now being organised in the vicinity of the Contributory Health Scheme dispensaries of Government of India. A number of individuals attending these centres come for relief of certain ailments. The Committee members were informed that the Bharat Sewak Samaj would be agreeable to have proper scientific evaluation of the Yogic treatment of various patients who come to their centres.

(xviii) Yoga Prasar Samiti's Yoga Asharam, Mandir Lane, New Delhi.

The three Committee members also visited this Yoga Asharam and witnessed certain exercises organised by the Director of the Centre. They have a small building with good surroundings and sufficient vacant land and the Committee found the Director as well as the trainees very keen to collaborate in the scientific evaluation of Yogic practices provided suitable facilities were extended to them regarding equipment and trained personnel.

(xix) Vishwayatan Yoga Asharam, New Delhi.

Finally the three Committee members visited Vishwayatan Yoga Asharam at Jantar Mantar Road, New Delhi, where a large number of men were practising various Yogic exercises. In an adjoining place a number of ladies were also practising Yogic exercises. The Committee members also visited two other centres in Delhi run by this Yoga Asharam. At this Yoga Asharam again it was observed that no records have been kept of the patients treated at their centres. On the other hand, the Committee members were shown records of the two diabetic camps organised by this Yogasharam, one at Jaipur and the other at Delhi. In a long discussion that the members had with the Managing Trustee of the Asharam, he agreed with the Committee that proper scientific control is essential. For the setting up of suitable scientific control, proper facilities, equipment and trained personnel have to be provided for. This Yoga Asharam submitted to the Committee members a detailed plan for setting up a Yogic therapy hospital.

CHAPTER III

EVALUATION OF THE THERAPEUTIC CLAIMS OF YOGIC PRACTICES

The Committee had the opportunity to visit various Yogic centres in different parts of the country. These centres have been carrying on their work mostly in the traditional way and only few of them have kept some records. Lack of proper records is mainly due to want of resources and lack of knowledge regarding modern methods of scientific investigations. Lack of trained personnel for the maintenance of such records has also been a contributing factor. Under the circumstances we are unable to evaluate the various therapeutic claims made by Yogis for the treatment of diseases. We, however, feel that if our recommendations contained in Chapter IV are given effect to by the Government of India, it may be possible to give a fairly clear-cut opinion regarding the therapeutic values of Yoga in the next few years. Unless a scientific assessment of the patients treated by Yogic therapy is organised under controlled conditions, it will not be possible to evaluate the important therapeutic claims of Yoga.



CHAPTER IV

RECOMMENDATIONS OF THE COMMITTEE

Various claims have been made for the therapeutic value of Yogic exercises. Before an answer can be given, these claims will have to be evaluated on a scientific basis by proper investigations and assessment of the patients suffering from different diseases and treated by Yogic exercises. In spite of the fact that the Committee has not come across any definite scientific evidence for such claims of Yoga, as patients treated with Yogic therapy have not been properly assessed previously, the Committee, basing its views on published works as well as certain observations carried out on Yogic beneficiaries, feels that yogic practices, if done on proper lines, may help those individuals who suffer from diseases with predominant psychosomatic disturbances. It is, therefore, very essential that conditions be created and facilities provided for, at some of the centres, for a scientific evaluation and assessment of the effects of Yogic exercises. This will involve the setting up of modern medical units, with facilities for laboratory investigations, at those centres where a large number of individuals suffering from various diseases are being treated by Yogic Practices. With this aim in view, the Committee recommends that assistance on the following lines be provided to the undermentioned institutions :—

1. **Kaivalyadham Shreeman Madhva Yoga Mandir Samiti, Scientific Research Department and Yogic Hospital, Lonavla and Bombay.**

At Lonavla the Samiti has already built a small hospital and in the attached research unit the Centre has got enough equipment for assessing the physiological activities of individuals. The Centre lacks in equipment for setting up a full-fledged Pathology laboratory. This can be accommodated in the research centre attached to the hospital for the time being. In addition, if the investigations at this hospital have to be carried out on scientific basis, they will need a full time Medical Superintendent, a Pathologist, a Technician and two full time Yoga Instructors. In his letter dated 28th January, 1961, Swami Kuvlayananda, the Director of this Institute, has indicated the requirements for the clinical laboratory at Lonavla [Appendix V (i)]. The Committee feels that this Centre be provided with funds for setting up a Pathology Laboratory as well as for appointing the above-mentioned full-time staff.

At their Bombay Centre, they have got only a small building which is being visited by a large number of persons every day. The accommodation facilities are not sufficient even for the examination and therapy of the patients attending that Centre. There is no place for setting up a Pathology Laboratory. If this Centre has to function on scientific lines, it is very essential that it be provided with accommodation facilities for setting up a Pathology Laboratory, as well

as increased accommodation for running the out-patients services. Vacant space for this expansion of the building is available around the Institute. Equipment for the Pathology laboratory has to be provided. This Centre also should have a whole-time Medical Officer for examination of the patients and their assessment. The Pathology laboratory should have a trained Pathologist and a Technician. The requirements for this Centre are included in enclosure No. 2 of the letter [Appendix V (i)] from Swamiji, dated 28th January, 1961.

2. Yoga Institute, Santa Cruz, Bombay.

The Yoga Institute, Santa Cruz, Bombay, is another place which we feel should be developed into a full-fledged therapeutic centre, where scientific assessment on proper lines can be carried out. In addition to the already existing small building, this centre has now put up a new building which is to be utilised as a hospital. We were told that this building has been built with loans on which they are paying interest. If this centre has to be developed into a unit for therapeutic trials for Yoga, the Government will have to reimburse the money spent by them by raising loans on building for the hospital, and also provide facilities for equipment and trained personnel for investigations to be carried on scientific basis.

The Director of this Institute has forwarded the requirements of this Institute in his letter dated 27-1-1961 [Appendix V (ii)] and another letter on similar lines has been received through the Government of Maharashtra (No. RSI/2859/32619-U, dated 8th August, 1960). The Committee feels that a sum of Rs. 1 lakh as non-recurring grant (Rs. 75,000 for the building and Rs. 25,000 to provide laboratory facilities) should be provided to the Centre. In addition, this Centre should be given recurring grant for employing the services of a trained doctor, a pathologist and a technician.

3. Prakritik Chikitsalaya, Gandhi Nagar, Jaipur.

A nature-cure centre has been running at this Centre for sometime and now with the assistance of the Government of Rajasthan this is being converted into a centre where patients will be admitted both for treatment by nature-cure methods as well as for treatment with Yogic practices. The two sections, although located in the same building, will run separately. For the Yogic section a small hospital building has already been constructed for admission of patients. The Committee was informed by the Health Minister of Rajasthan that the Yogic therapy will be carried out in collaboration with Vishwayatan Yoga Ashram of New Delhi who organised a "diabetes camp" at that place during last year. It is proposed to have a Medical Officer attached to this Centre, as well as to have a Pathology laboratory under the charge of a Pathologist, for carrying out investigations. The Government of Rajasthan, through its Deputy Secretary (Medical and Public Health Department) has submitted a scheme for financial assistance for employing a medical specialist and a pathologist, as well as for setting up a pathology laboratory, at this centre, [Appendix V (iii)]. As this Centre is going to be run under the supervision of

the Health Department of the Rajasthan Government, the Committee feels that controlled assessment of therapeutic claims of Yoga can be carried out here. It, therefore, recommends that this Centre should be provided with the facilities of a trained physician for examination and assessment of the patients, and a pathologist and a technician for carrying out the laboratory investigations. This Centre should also have the facilities of a laboratory. The financial arrangements regarding the provision of the personnel as well as the laboratory equipment can be worked out between the Central Government and the State Government.

4. Vishwayatan Yoga Asharam, New Delhi.

Under the aegis of this Asharam a diabetes camp was organised last year in New Delhi. Although the report presented to the Committee on this camp claims a fair amount of success in the treatment of diabetes by Yogic practices, the investigations carried out to substantiate these claims could not be scientifically controlled and so it is not possible to make final assessment of these claims. It is, therefore, very essential that studies at this Centre be organised on scientific basis so that controlled evaluation can be done. This Centre has submitted its requirements for setting up a hospital for such an assessment somewhere in New Delhi [Appendix V (iv)]. The total demand of this Centre amounts to Rs. 14,35,000. The Committee feels that initially a small beginning be made to first scientifically assess the therapeutic claims of Yoga. Only after such a proof has been provided, that a big hospital could be established. In view of this the Committee recommends that financial assistance be provided to this Centre to enable it to have a small building at its disposal, where patients can be admitted, treated by Yogic therapy and investigated and assessed scientifically. In this set-up the services of a physician, a pathologist and a technician be provided. This Centre should also have the provision of a Pathology laboratory with equipment for routine investigations required for assessment of the type of patients proposed to be admitted there. In view of this, the Committee recommends that initially the set-up of this Centre should be on the same lines as recommended for the Yogic Institute, Santa Cruz, Bombay.

5. Yoga Research Institute, Alampuram, West Godavari District, (Andhra Pradesh).

This Centre is being organised by Shri Ramananda Yogi who has attained the power of controlling some of his bodily functions to a certain extent by Yogic meditation. The Committee had decided in its very first meeting that it should not only aim at studying the therapeutic and preventive aspects of Yoga in isolation, but should study Yoga as a system seeking to achieve profound changes in the mind and nature of man. Keeping that in view the Committee feels that this Centre needs the care and guidance of Shri Ramananda Yogi to develop into a centre for training disciples in those aspects

of Yoga practices which aim at attaining a control over the functioning of the body. Shri Ramananda Yogi is prepared to take a number of disciples for such training at his centre provided he is given financial assistance for the maintenance of these disciples. He has submitted his requirements in his letters dated 4-5-1961 and 27-6-61 [Appendix V (v)] in which he has asked for a recurring grant for maintenance of 10 such trainees. The Committee feels that Shri Ramananda Yogi be provided with all facilities and financial help to develop this Centre as a first rate training Institute of Yoga. Not only will he need financial assistance for the maintenance of the trainees, but the services of a doctor with ordinary equipment to assess these trainees regularly will also be needed.

In addition, Shri Ramananda Yogi also claims to have treated a number of individuals suffering from different kinds of diseases with Yogic practices. For a scientific assessment of the same he wants to set up a hospital where such assessment can be carried out scientifically. He has already built a small building for the purpose at a cost of about Rs. 20,000 or so, for which he is reported to have got grants from some sources in Andhra State and in addition he has also taken a loan of Rs. 8,000. This Institute will be run by a Trust. The Committee recommends that he should be provided financial assistance to repay this loan for the building, and that he should also be provided the services of a trained doctor, two compounders-cum-technicians, and equipment for setting up a small Pathology laboratory for carrying out routine investigations. As pointed out above, this personnel and equipment can also be used for the assessment of trainees. With this set-up he should be able to start a therapeutic centre also where the assessment can be carried out on scientific lines.

6. Divine Life Society, Hardwar (Rishikesh).

This Society is running a small out-patients dispensary where a number of patients are treated by Yogic Practices. They have the services of trained doctors available to them and, therefore, it may be possible for them to carry out scientific assessment of the individuals treated by Yogic Practices, provided laboratory facilities could be made available to them. The Committee, therefore, recommends that initially funds be provided to this Society for setting up a small Pathology laboratory attached to the dispensary along with the services of a trained Pathologist, so that the patients being treated, at their Centre could be assessed on scientific lines. In a letter dated 10-4-61 [Appendix V(vi)] the General Secretary of the Society has agreed to the setting up of such a medical clinic at their place, and they have written to the Ministry of Education to guide them and aid them in the setting up of this clinic. If this recommendation of the Committee is accepted, the details of the equipment and personnel and other facilities to be provided to the Society can be worked out.

7. Yoga Vidya Sangham, Trivandrum.

The Committee feels that this is another Centre where possibilities for assessment of the claims of Yoga are existant. Their

records have not been kept well and there has been no medical control of the patients treated there. It, therefore, feels that financial support be provided to this Centre for developing a scientific assessment Centre. A small set-up consisting of a Pathology laboratory and the services of a doctor and technician are recommended.

8. Yogic Health Centres run by the Bharat Sewak Samaj.

The Bharat Sewak Samaj is running a number of Centres in Delhi and New Delhi where the primary stress is on the improvement of the physical and mental health of the masses. These centres are also visited by a number of individuals who come for relief of certain ailments. On their own it is not possible for these Centres run by the Bharat Sewak Samaj to set up medical clinics where assessment of these patients can be done. We are informed that recently the Bharat Sewak Samaj is organising Yoga Practice Centres in the vicinity of the dispensaries run under the Contributory Health Service by the Directorate of the Ministry of Health, and that it is possible for them to have a certain amount of liaison with the Contributory Health Service units. If an arrangement can be worked out for scientifically assessing those persons who are attending these Yogic Practice Centres for the relief of their ailments, certain amount of material may be available from these centres which can ultimately help in establishing the claims of the therapeutic values of Yoga. In view of that the Committee recommends that in consultation with the Ministry of Health a medical team may be organised under the Contributory Health Services which can regularly visit these Centres at different places and can arrange for the laboratory and other investigations of those individuals who are attending these Centres for relief of their diseased conditions.

9. Yoga Prasar Samiti's Yogasharam, Mandir Lane, New Delhi.

The Yoga Asharam at Mandir Lane has got its own building as well as a covered shed for practice of Yoga. The Committee was informed that Yogic practices on modern lines were organised in the Centre for general public. This Centre also takes up patients suffering from various diseases and treats them with sufficient care and attention. This Centre has not got any facilities for the medical check up or assessment of such individuals on their own and it may not be possible for this centre to immediately organise such a medical unit. The Committee was informed by the President of the Trust that later on it may be possible for them to set up a medical assessment unit also. In view of this the Committee notes that here is another good centre in New Delhi where rich material for assessing the therapeutic claims of Yoga is available. It, therefore, recommends that in collaboration with the Health Ministry a medical team of the Contributory Health Scheme can be made available for this Centre also for the scientific assessment of all patients who are attending this Centre. The medical team should have the facilities of laboratory investigations etc. available to them. If that is not workable, then

financial support be given to this Centre to set up a small Pathology laboratory, and the services of a doctor and a technician be provided.

**10. Shri Kodi R. N. Memorial Yoga and Nature Cure Clinic,
Kankipad Post (Andhra Pradesh).**

This institution has been doing quite useful work and at present it is run by a single individual. The Committee has advised the Director of the Institute to put the institution under the control of a public body and have it registered. If this is agreed to, we recommend that financial assistance be given to the Centre to set up a small Pathology laboratory and to have the services of a doctor and a technician.



CHAPTER V

SUMMARY OF THE RECOMMENDATIONS

The Committee appointed by the Government of India for evaluation of the therapeutical claims of Yogic practices sent out a questionnaire for eliciting relevant information to 71 Yoga Institutions. Based on these replies, the Committee visited 19 institutions.

2. The Committee has come to the conclusion, based on the visits to these centres and by study of the records maintained by them, that as the records have not been maintained on proper scientific lines, it is not possible to evaluate the various therapeutical claims made for Yogic treatment of various diseases. Lack of proper records have mainly been due to want of resources and lack of knowledge of modern methods of scientific investigations, as well as lack of trained personnel. The Committee, therefore, feels that it is very essential, that conditions be created and facilities provided for, at some of the centres for scientific evaluation and assessment of the effects of Yogic exercises, because in its view yogic practices, if done on proper lines, may help those individuals who suffer from diseases with predominant psycho-somatic disturbances.

3. In the light of above observations the Committee recommends to the Government of India that at 10 institutions proper facilities be provided for carrying out scientific investigations. These 10 institutions have been selected on the basis of the facilities already available with them and from the capacity and enthusiasm of the personnel of those institutions. It is very essential that the patients suffering from various diseases, who are treated by Yogic therapy, should be investigated and assessed by qualified medical personnel with the help of proper modern equipment. It, therefore, recommends to the Government of India that in all these centres investigative laboratories, having modern equipment, be set up and personnel for clinical examination provided. The Committee further recommends that at one of these centres facilities for training disciples in Yogic techniques be also made available as mentioned in the report.

4. Although the Committee has mainly been concerned with the study of therapeutic uses of Yoga and has based its recommendations primarily towards that end, it also is of the opinion that Yogic exercises may play an important role in the prevention of disease and maintenance of positive health. It, therefore, recommends that the medical units created at the various Yogic centres for studying the therapeutic claims of Yoga, should also direct their attention to the study of prevention of disease by Yogic exercises. This will have to be studied on a long-range basis.

APPENDIX I

COMMITTEE ON EVALUATION OF THERAPEUTICAL CLAIMS OF YOGIC PRACTICES

QUESTIONNAIRE FOR YOGIC INSTITUTIONS

1. Name of the institution (with complete address).
2. Year of Establishment.
3. Does the institution offer facilities for training in Yogic Exercises for maintenance of their Physical Fitness, and the fee charged per head for it, if any?
4. If the answer to Question No. 3 is 'Yes' kindly give the total number of persons (men and women separately) who have been regularly attending for a period of more than 6 months the classes conducted by the Institution during the last 3 years 1957-58, 1958-59, 1959-60 and up to 30-9-60 during the current year?
5. Does the institution provide Yogic therapy treatment to the general public and fee charged per head from the patients, if any?
6. If the answer to Question No. 5 is in affirmative, kindly give the information in the following proforma for the last 3 years 1957-58, 1958-59, 1959-60 and up to 30th September, 1960 for 1960-61.

Year 1957-58.

Name of the disease	Number of persons treated	No. of persons who responded to the treatment favourably	No. of persons who did not respond favourably	Does the institution maintain any arrangement for a follow-up of the treatment given to the patient? What are the results thereof?	Remarks
1	2	3	4	5	6

(1)

(2)

(3)

Please use separate sheet for each year.

7. Has the institution done any research work on Yogic Therapy? If so, five copies of the published or unpublished work may be submitted along with this Questionnaire.
8. Any other useful information highlighting the activities of the institution, their nature and scope which the institution may like to bring to the notice of the Committee.

Director/Head of the Institution.

APPENDIX II

LIST OF YOGIC INSTITUTIONS TO WHOM THE QUESTIONNAIRE ON EVALUATION OF THERAPEUTICAL CLAIMS OF YOGA WAS ISSUED

1. Adhyatmik Vikas Mandal, Quilon (Kerala).
2. Arogya Yogasana Salai, No. 10, Subbanchari Lane, Bangalore-2 (Mysore).
3. Avadhuta Nature Sanatorium, Patmata Lanka, Vijayawada-2 (Andhra Pradesh).
4. Athma Yoga Janana Sabha, Ambattur, Post-Chingolepet, Madras (Madras).
5. Arogya Mandir, Itwari, Nagpur (Maharashtra).
6. Amreshwar Mandir, Rani Talab, Jammu (Tawi) (J & K State).
7. Divine Life Society, Rishikesh (U.P.).
8. Eternal Yoga Temple, Swarg Mandir, Mhow (Madhya Pradesh).
9. Government Yoga Centre, Chandigarh (Punjab).
10. Kaivalayadhama S.M.Y.M. Samiti, Scientific Research Department and Yogic Hospital, Lonavla, (Poona) (Maharashtra).
11. Kaivalayadhama I.C.Y. Health Centre, 43, Netaji Subhash Road, Bombay-2 (Maharashtra).
12. Yoga and Health Training Centre, Annakothi Street, Fort, Trivandrum-1 (Kerala).
13. Kriya Babaji Library, Trust, Press & Babaji Yoga Sangh, No.3, Dr. Alagappa Chettiyar Road, Vepery, Madras-7 (Madras).
14. Malabar Yoga Centre, Adra, Purulia.
15. Patanjali Yogasana Abhyasa Nilayam, Kumbakonam.
16. R. N. Memorial Yoga and Nature Cure Clinic, Swetchhanger, Kankipad (Post), Vijayawada (Andhra Pradesh).
17. Prabhu Ram Yoga Sadhana Asharam, Kudsia Ghat, Bela Road, Delhi-6.
18. Ram Tirtha Yogasharama, Dadar, Bombay-14 (Maharashtra).
19. Shri Swami Bhadra Asharam, Surat (Maharashtra).
20. Shri Swami Yoga Asharam, Kesar Ganj, Ajmer (Rajasthan).
21. S. I. Yogasan Centre Institute, Yoga Samaj, Yadalur (S. Arcot).
22. Shri Ramarajayaseva Sangam, Vizayakapattam-1.
23. Simco Yogasan Asharam, Sivakashi (Distt. Ramnad).
24. Shri Yoga Sadhana Niketan Asharam, Baghichi Chettan Das, Near Red Fort, Delhi.
25. Shri Aurovindo Asharam, Pondicherry (Pondicherry).
26. Shri Anandasharam Yogashala, Salem (Camp) (Madras).
27. Shri Swami Ram Tirath Yoga Prakriti Asharam, Ramaraja Nagar, Vijayawada (Andhra Pradesh).
28. Sitaramanjanana Yoga Vyayam Sangam, Satyanaraina Puram, Vijayawada-2 (Andhra Pradesh).
29. Umrai Guru Ka Madh, Suraj, Post Alandar, Udaipur (Rajasthan).
30. Vishwayatan Yoga Asharam, 1, Jantar Mantar Road, New Delhi.
31. Yogabhyasa Mandal, Nagpur (Maharashtra).
32. Ghanaguru Yogasana Salai, 45, Sivasamipuran Ludur, Rama Krishna Road, Salem-1 (Madras).
33. Yoga Abhyas Ashram, Meena Bazar, Sonapat (Punjab).

34. Yoga Health Centre, B.S.S. 4/6, Government Industrial Housing Scheme, Khatipura Road, Jaipur (Rajasthan).
35. Yoga Kendram, Big Bazar, Palghat (Kerala).
36. Yoga Sadhana Ashrama, Sidhgupha, Agra (U.P.).
37. Yoga Vidya Peeth, P.O. Patiala (Distt. Krishna) (Andhra Pradesh).
38. Yoga Abhyas Asharam, Rohtak (Punjab).
39. Yoga Asharama, Mandir Lane, Reading Road, New Delhi.
40. Yoga Centre, Chandigarh (Punjab).
41. Yoga Asharama, Batala (Punjab).
42. Yoga Sadhna Asharama, 2554, Chhippi Bara, Delhi.
43. Yogabhyasi Mandal, Near New Park, Nagpur (Maharashtra).
44. Yoga Sadhna Ashram, Simla (Punjab).
45. Yoga Sadhana Ashrama, Ahmedabad-6 (Gujarat).
46. Yogic and Physical Culture Institute, Chitardrug (Mysore).
47. Yogabhiyas Ashram, Kankhal (U.P.).
48. Municipal Physical Culture Centre, Coimbatore (Madras).
49. Vysya Vyyam Sangham, Guntur (Andhra Pradesh).
50. Yogasana Dekapajirchi Salai, Paramakudi (Distt. Ramnad) Madras.
51. Yoga Sadhna Ashrama, Cheharata (Amritsar) (Punjab).
52. Yoga Vidya Samwardhak Mandal, Kadam Kuan, Patna (Bihar).
53. Yoga Physical Culture Society of India, Delhi-9.
54. Yoga Association, Chandigarh (Punjab).
55. Yoga Institute, Santa Cruz, Bombay (Maharashtra).
56. Yoga Mahavidyalaya, Opera House, Bombay-4 (Maharashtra).
57. Yoga Sadhana Asharama, Vile Parle (East) Bombay (Maharashtra).
58. Shivananda Math, Umachal Hill, P.O. Kamkhya (Assam).
59. Yoga Health Deptt., Bharat Sewak Samaj, Theatre Communication Buildings, Connaught Circus, New Delhi.
60. Yoga Vidya Sangham, Trivandrum (Kerala).
61. Yoga Research Institute, Alampuram (Distt. W. Godaveri) (Andhra Pradesh).
62. Shri E. K. Padmanabhan, Yogasana Specialist Nature Curing Centre, Madura, Voyal P. O., Via Ambathoor (Madras).
63. Yoga Mandir Wadala-31 Bombay (Maharashtra).
64. Shri Venkataray Vysya Vyayam Sangham Masulipatnam (Krishna Distt. (Andhra Pradesh).
65. Yoga Institute of Psycho-Physical Therapy, Model Eye Hospital 2-F. Lajpat Nagar, New Delhi.
66. Yogasana Alaya, West Mambalam, Madras 17 (Madras).
67. Shri Valmiki Asharam, Thumbur P.O. Chittor Distt. (Andhra Pradesh).
68. Yogi K. Munivasulu, Kannigaripair (Post), Chengulput Distt. (Madras).
69. Yogoda Satsanga Society of India, Woodfield, Simla-5 (Punjab).
70. Arogya Yoga Asharam, Thondiarpet, Madras-21 (Madras).
71. Prakritik Chikatsalya, Gandhi Nagar, Jaipur.

APPENDIX III

LIST OF YOGIC INSTITUTIONS VISITED BY THE COMMITTEE

Sl. No.	Yogic Institution	Visited by	Date
	Vysya Vyayam Sangham, Agrataram, Guntur.	Dr. B. Narayana	12-11-60
2	Kaivalayadham Ishwardass Chunilal Yogic Health Centre, 43, Netaji Subhas Road, Bombay.	By all members	27-12-60
3	Shri Ramtirth Yogashram, 27, Crescent Square, Street No. 2, Dadar Bombay.	Ditto.	27-12-60
4	Kaivalayadham Shreeman Madhva Yoga Mandir Samiti, Scientific Research Deptt. and Yogic Hospital, Lonavla (Poona).	Ditto.	28-12-60
5	Yoga Institute, Santa Cruz, Bombay	Ditto.	29-12-60
6	Yoga Abhyasa Mandal, Nagpur	Ditto.	30-12-60
7	Arogya Mandir, Nagpur City	Ditto.	30-12-60
8	Arogya Yogashram, 216, Thiruvettur High Road, Thondiarpet, Madras-21.	Dr. B. Narayana Dr. S. S. Misra and Dr. V. Narayanaswami	13-1-61
9	Yoga Vidya Sangham, Trivandrum	Dr. S. S. Misra and Dr. V. Narayanaswami	17-1-61
10	Yoga Health Training Centre, Trivandrum.	Ditto.	17-1-61
11	Shri Kodi R. N. Memorial Yoga and Nature Cure Clinic, Kankipad Post (Andhra Pradesh).	Dr. B. Narayana and Dr. V. Narayanaswami	13-3-61
12	Shri Yoga Abhyas Asharam, Kankhal (U.P.).	Dr. S. S. Misra Dr. B. K. Anand Dr. V. Narayanaswami	1-1-61
13	Divine Life Society, P.O. Shivanandanagar, Rishikesh (U.P.).	Ditto.	1-4-61
14	Shri Yoga Sadhan Ashram, Rly. Road, Rishikesh (U.P.).	Ditto.	1-4-61
15	Prakritik Chikistalaya, Gandhinagar, Jaipur.	Dr. B. K. Anand	22-4-61
16	Yoga Research Institute, Alampuram (West Godavari Distr.).	Dr. B. K. Anand	2-5-61
17	Bharat Sevak Samaj Yoga Health Centres, Pandara Road, New Delhi and at Delhi Cloth Mills, Delhi.	Dr. V. Narayanaswami Dr. S. S. Misra and Dr. B. K. Anand	8-5-61
18	Yogashram, Mandir Lane, New Delhi.	Ditto.	9-5-61
19	Vishwayatan Yoga Ashram, New Delhi.	Ditto.	9-5-61

APPENDIX IV

CONSOLIDATED STATEMENT OF THE DATA RECEIVED FROM THE INSTITUTIONS IN REPLY TO THE QUESTIONNAIRE

PART I

IF THE INSTITUTION OFFERS FACILITIES FOR TRAINING IN YOGIC EXERCISES FOR MAINTENANCE OF THEIR PHYSICAL FITNESS, TOTAL NO. OF PERSONS REGULARLY ATTENDING FOR MORE THAN 6 MONTHS

Sl. No.	Name of the Institution & Year of Establishment	1957-58	1958-59	1959-60	1960-61 (up to 30-9-60)	Whether the Institution has done any research work on Yogic Therapy	Other information supplied by the Institution
1	2	3	4	5	6	7	8

1 Divine Life Society, P. O. Shivanandnagar, Rishikesh (U.P.).

Yogic Therapy Treatment Provided to Public.

No.

(i) Plans to run a regular hospital for chronic disorders, with 25 beds from the first week of December, 1960.

(ii) Samiti has a special advantage in having a well-equipped scientific Yogic Research Laboratory. The Yogic Therapeutical Deptt. when developed will have close cooperation with this Laboratory.

(iii) Samiti has taken up compilation of Yogic Encyclopaedia under its Philosophic Literary Research Deptt.

2 Kaivalyadham Shreeaman Madhava Yoga Mandir Samiti, Scientific Research Deptt. & Yogic Hospital Lonavla, Poona. (1924).

No.

Has a proposal to develop Yogic Therapy.

		170	233	254	219	No.	Facilities for Yogic therapy & Yogic Physical Culture available to public under qualified personnel : each person receives individual attention.
		(31)	(69)	(63)	(52)		
3	Ishwardas Chuni Lal Yogic Health Centre, Bombay. (1932).	40000 (4200)	44000 (5400)	48500 (2500)	26000 (1400)	Suksham Vyayam a publication of the Yoga Ashram based on the research work of the founder.	The Ashram has 8 branches in the country and 5 Centres at Delhi. A Yogic teachers training Institute also being set up at Katra V. Devi (Jammu & Kashmir).
5	Yoga Institute, Santa Cruz, Bombay. (1918).	13 (2)	145 (12)	124 (15)	86 (10)	Yes. Has evolved Modern Yoga therapy as a result of 40 years' experience.	
6	Yoga Vidya Sangham, Trivandrum. (1949).	59* (11)	271* (35)	194* (30)	327* (126)		
7	Yoga Research Institute, Alampuram (West Godavari Distt.) (1952).	75 (20)	167 (70)	258 (96)	387 (110)	No.	The institution has listed a number of suggestions for Yogic research.
8	Shivanand Math Umachal Hill Kamthya (Assam). (1928).	380 (180)	432 (197)	489 (205)		Yes.	
		120 (Children)	130 (Children)	195 (Children)			
		About 100 men and women every month.				Yes.	Also conducted research on dietetic principles published in "Khadya Neeti" in Bengali a part of which included in the Ashram's publication Yogic Therapy.

* Those who attended for less than six months.

Note.—Figures given in brackets in columns 3 to 6 indicate women included in the total.

1	2	3	4	5	6	7	8
9	Arogya Mandir, Nagpur City. (1950).	25 (12) *150	25 (10) *150	25 (9) *150	20 (10) *150	No.	The training imparted by the institution is based on a combination of Yogic methods and principles of Ayurveda : the object of this institution is to popularise and spread the knowledge of simple Yogic methods and Ayurvedic rules of health and hygiene.
10	Yoga Ashrama, Mandir Lane, New Delhi. (1924).	Although quite a large number of people are reported to have been receiving training at the Ashram, no record has been maintained.				Yes.	Greater attention paid to preventive aspect. However, a number of diseases cured.
11	Arogya Yogasana Salai, No. 10, Subbannachari Lane, Bangalore. (1950).	30 (0)	29 (4)	30 (0)	22 (2)	..	
12	Eternal Yoga Temple, Sworang Mandir, Mhow. (Madhya Pradesh). (1938).	Facilities provided but no instructions and guidance through daily discussions. No fee.				Yes. As the work is all-embracing for all without limitation, no records kept.	The institution is printing standard size eternal Yoga scriptures.
13	Patanjali Yogasana, Abyasa Nilayam Chakra-Abyasa Ural Kumbakonam. (1949).	Yes. Providing facilities for training. Hundreds of persons were trained and at present there are 72. If further facilities could be provided ladies also will come forward to have the training: practice is given for 6 days in week.				No research work with proper record. It was only observed as a remedy for some diseases.	
14	Prabhu Ram Yoga Sadhan Ashram, Ashram Marg, (Opp. Kudsiahat, Delhi). (1955).	No body attending for 6 months continuously.				Done some research work. One book Umesh Yoga Darshan published by the Director.	Regular lectures on Naturopathy Vedanta etc. are delivered by prominent personalities from every part of India and by Director himself. Ramatirth, a monthly magazine, is published in Hindi.

15 Shri Ramtirth Yogashram 27, Viscount Square Street, No. 2, Dadar, Bombay 14. (1934).	Conducting one month training classes for men. There are only fifteen men who attended the classes for more than six months.	Published some leaflets on Yogasanas.
	203 (3)	240 (9)
	388 (4)	Nil.
		Yoga classes conducted. 'Yoga Bishak' Diploma awarded to successful candidates.
16 Shri Swami Rama Tirtha Yoga Prakriti Ashram, Ramarajanagar, Vijawada. (1950).		
17 Gnanaguru Yogasana Salai, 45, Siva Swamipuram Pudur Ramakrishna Road, Salem. (1948).		
18 Shri Yoga Abhyas Ashram, Railway Road, Sonapat, and Mena Bazar, Sonapat. (1954).	The course necessary for keeping fit is generally for about a month or two. Therefore the question of over six months staying does not arise. After that people do it regularly at their homes.	No specific reply given. It has been stated that selected number of patients rejected by big hospitals may be given to the Ashram to show Therapeutical value of the Yogic methods.
19 Yoga Health Centre, Bharat Sewak Samaj, Govt. Industrial Housing Scheme, Jaipur. (1957).	About 250 persons. Full facilities are provided for Yogic exercises.	
20 Yoga Kendram, Palghat, Palghat Post, Palghat Dist., Kerala. (1957).	Yes. Instructions given free of charge every morning. Viewing with spiritual aspect. Instructions imparted for maintenance of physical and mental fitness. Average 25 persons in the Kendram. Women are instructed in their respective residence. Present strength of regular attendance 15 to 20 including instructions given to women in their houses.	The instructor Shri Yogiraj V. Subramania Bua has made researches on his person on the efficacy of Yoga Asanas, Mudras, Bandha (Kriyas), Shad Kriyas and Pranayam and is experiencing immense benefit.

NOTE.—The figures given in brackets in columns 3 to 6 indicate women included in the total.

1	2	3	4	5	6	7	8
21	Shri Yoga Abhyas Ashram, Rohtak. (1951).	The course necessary for keeping fit is generally for about a month or two. Therefore the question of over six months regular attendance does not arise. After that people do it regularly at their homes.				No specific reply given.	A selected number of patients rejected by big hospitals may be given to show the therapeutical value of Yoga.
22	Yogabhyasi Mandal, Nagpur. (1951).	16 (0)	22 (0)	26 (0)	30 (0)	..	The institution holds regular special summer classes for one month wherein lectures are given by Doctors on Anatomy and physiology and on Yogic Culture and dietetics by experts in those subjects for the benefit of the trainees. The institution which has framed a course of studies for the 1st and 2nd year students includes in its curriculum Asanas, Yogic Kriyas and a few Pranayams without Kumbhak. The students are awarded the certificate of the institution after they are successful in the tests conducted by it.
23	Yoga Sadhana Ashram, Ahmedabad. (1936).	18 men and 5 women are regularly attending the classes conducted by the institution.					
24	Yogic and Physical Culture Institute, Chitradurga (Mysore). (1935).	80 (10)	80 (8)	82 (10)	No information.	Research work was done on a patient viz. Shri S. A. Gani, Deputy Commissioner, Chitradurga, aged 55 years who was suffering from chronic Gastric trouble. He was given	



asanas and breathing exercises for a period of 3 months. The patient improved.

Yes. Two books Kaya Kalp and Sutter Neti Jyoti Parkasani Neti, published.

Branches in Delhi, Punjab, U.P. Spiritual education leading to natural bliss *i. e.* imagination, concentration of mind, trance, has been given to hundreds; out of them one can remain in trance for 24 hours.

25 Shri Yoga Abhyas Ashram, Kankhal. (1952).
The institution offers facilities for Yogic exercises for maintenance of their physical fitness but a period of about 1 month is sufficient for the purpose; therefore question of supplying the requisite data for regular training of six months does not arise. Such trainees are treated at par with the patients and their total number is:

120	110	132	60
4	9	8	8
(2)	(2)	(1)	(1)

26 Municipal Physical Cultural Centre, Coimbatore. (1952).

Vysya Vyayam Sangham, Agrataram, Guntur-1. (1927).

Yes. No fee is charged. There are no women. Thousands of men received training in this institution so far. At present there are about 30 to 40 men, who are receiving training in Yogic Exercises. There is no need to conduct classes every year for all: the said candidates regularly attend the institution to receive training.

No. But some books published on Yoga.

Yes; annual fee Rs. 3 per head.

61	68	77	87
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Yogasana Dega Payirchi Salai, 12/129, Vedanta Math Street, Parmakudi, Ramnad Distt., S. India. (1940).

Yoga Sadhan Ashram Chharratta, Anritsar. (1935).

33	52	69	80
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30 Yoga Vidya Sawbhardhak Mandal, Patna. (1954).

Yes. No fee charged.

127	153	207	260
(2)	(5)	(7)	(10)

NOTE.—The figures given in brackets in columns 3 to 6 indicate women included in the total.

1	2	3	4	5	6	7	8
31	Yoga Mahavidyalaya, Opera House, Bombay. (1938 U.S.A.). (1940 India).	Yes. Rs.15 40 (14)	per month charged as fee. 44 (17)	43 (15)	Nil information.	Yes. No details or Literature furnished.	This institution treats the whole man (Body-mind-soul) through the Ashtang Raj-Yoga and its Pranasa, Yoga Vinyasa System as evolved by its founder and Director.
32	Yoga Health Deptt., Bharat Sevak Samaj, Connaught Circus, New Delhi. (1952).	Yes. Yoga Health Centres have been organised in Delhi and in other places where training in simple Yogasanas and other Yogic practices is imparted. No fee is charged. During the last nine years more than 10000 people of all classes have attended our Yogasanas Centres. Out of them 200 were ladies and the others gents. Some of them have been regularly attending for years while the others come only when they find convenient. Altogether 45 Centres have been organised.	Research has been based on through results on actual practices and not through laboratory tests for which no facilities exist.				
33	Yogada Satsanga Society of India, Simla Branch, Woodfield, Simla. (1957).	Yes, but not as a regular feature. Training in Yogasanas and other Yogic techniques imparted through experienced monks 2 or 3 times a year, generally free. Training arranged in local educational institutions and training classes held for short periods (8 to 10 days) at a time.	No.				The society maintained library of about 600 books nearly on self elevating subjects e.g. Raj Yoga, Yoga for Health Culture, Natural Hygiene (including nature cure) Moral-re-arrangement etc. and is planning to develop it into a fulfilled Library on all Yoga subjects and other philosophical subjects both for research and general reading purposes by members and others.
34	Yogasana Alaya, No. 1-B Subramaniam Street, Madras-17. (1940).	Yes. No fees charged. 11 12		10			

(Women are given separate training in their respective homes since there is no provision for the same at the institution).

35	Shri Valmiki Ashrama Thumbar (P.O.) Chittur, Distt. Andhra Pradesh. (1959).	No information supplied.							
36	P. K. Padmanabhan, Yogasana Specialist, Nature Curing Centre, Maduravayal P. O. via Ambathoor. (1959).	Yes. No fees charged. 60 Boys and Girls and more than 200 people visiting weekly.							
37	Yoga and Health Training Centre, Trivandrum. (1934).	Yes. No fee charged. 32 (0)	60 (3)	62 (3)	No information supplied.	Done some research work on Yogic Therapy. The Government of Kerala has recognised the system of this Yogatre- atment as a part of Ayurveda as a result of work of the Centre.	Yes.		
38	Shri Kodirai Memorial Yoga and Nature Cure Clinic, Kankipad Post. (Andhra Pradesh). (1942).	Yes. No fee charged. 252 (48)	257 (45)	296 (52)	153 (28)	Voluntary payments accepted.	Yes.		
39	Shri Yoga Sadhan Niketan Ashram, Near Red Fort, Delhi. (1949).	On an average about 20 persons attending the Yogic Training Classes. No fee charged. But voluntary donations accepted. Fee charged in chronic cases according to capacity of the patient.					Yes. Research conducted on Cancer, Asthama & T. B.	Specialised in the training of Asanas, Kriyas, Pranayams and body-bending. Achieved success in living in the lowest and the highest temperature through Pranayams.	
40	Yoga Physical Culture Society of India 148-Gupta Colony, Delhi-9. (1948).	Yes. No fee charged. 320 (20)	515 (15)	440 (40)	..		Yes.		
41	Prakritik Chikitsalaya, Bapu Nagar, Jaipur. (1950).	An organised programme of Yogic training not taken up so far. Yogic training, however, imparted as a part of Nature Cure treatment.					No.		

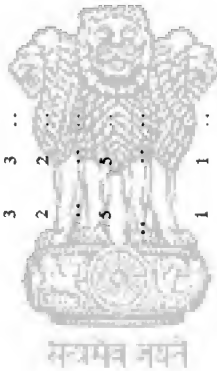
NOTE.—The figures given in brackets in cols. 3 to 6 indicate women included in the total.

CONSOLIDATED STATEMENT OF THE DATA RECEIVED FROM THE INSTITUTIONS IN REPLY TO THE QUESTIONNAIRE
PART II

S. No.	Name of the Institution	List of Diseases Treated	1957-58					1958-59					1959-60					1960-61 (Up to 30-9-61)				
			No. of persons treated	No. of persons followed up	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably	No. of persons followed up and treated favourably
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
NO YOGIC THERAPY TREATMENT PROVIDED TO PUBLIC.																						
1	Divine Life Society, P.O. Shivnagar, Rishikesh.																					
2	Kavalayadham Shree- man Madhava Yoga Mandir Samiti, Lonavla (Poona).	Respiratory Diseases. Alimentary Diseases. Circulatory Diseases. Metabolic Diseases. Filariasis & Rheumatic Diseases. Psychic & Ner- vous Diseases. Miscellaneous Diseases. Menstrual Dis- eases. Uterine Diseases.	261	249	12			200	186	17			137	119	18			25	24	1		
			314	299	15			251	213	38			166	147	19			39	36	3		
			24	23	1			22	19	3			16	15	1			2	2	..		
3	Ishwar Dass Chumil Yogic Health Centre, Bombay.		166	142	14			225	178	47			189	154	35			45	44	1		
			36	31	5			38	35	3			29	26	3			4	4	..		
			92	89	12			85	76	9			55	46	9			7	6	1		
			122	108	14			99	93	6			96	73	23			12	12	..		
			17	13	4			3	2	1				
			4	4	0			26	25	1				

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
4	Vishwavyasan Yoga Ashram, Katra Vashnav Devi. (J & K).	Piles. Dysentery. Constipation Asthma. Diabetes,		10	10	..		7	7	..			4	4	..			8	8	..		
5	Yoga Institute, Santa Cruz, Bombay.																					
6	Yoga Vidya Sangham, Tiruvandrum.	Asthma . Acute pharyngitis and tonsillitis. Gas troubles . Blood Pressure Acute Headache Dyspepsia . Skin troubles (Burning of body). Pain in the Back bone. Piles . Diabetes . Acute cough & cold (common cold). Constipation . Rheumatic complaints. Nervous disability. General debility Acute Bronchitis.	2 4 4 2 2 4 1 1 1 3 3 3 4 2 3 1 ..	2 4 4 2 2 4 1 1 1 3 3 3 4 2 3 1<																	

Kindly see Annexure IV (i)



Yoga Therapy provided.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
15	Ram Tirath Yoga Ashram, Dadar, Bombay.	Asthma	1	1	1	4	2	2	4	2	2	2	2
		Blood Pressure	1	1	Nil	1	1	Nil	..
		Indigestion	6	6	1	1	..	Nil	1	1	1	Nil	1	1
		Hernia	1	1	1	1	1	1	1	1	1
		Headache	4	4	8	7	1	2	1	1	1	1
		Wind trouble	9	8	1	8	6	2	3	3	2	2
		Debility	20	18	2	21	18	3	18	15	3	13	13
		Diabetes	2	1	1	3	2	1	2	2
		Constipation	15	12	3	11	10	1	8	7	1
		Miscellaneous	42	36	6	45	42	3	56	46	10	37	33	4
16	Swami Ramirtha Yoga Prarthi Ashram, Vijayawada.										No Information	Supplied										
17	Gnanaguru Yogasana Salai, Salem.	Leprosy	36	Above 80%	Below 20%	Above 80%	Below 20%	49	Above 80%	Below 20%	34	Above 80%	Below 20%	Nil	..
		Asthma	29	80%	20%	57	80%	20%	Nil	47	80%	20%	..	Nil	45	80%	20%
		Diabetes	13	pond- res-	ed	27	23	23
		T.B.	10	fa- your-	un- ably	11	14	8
		Indigestion	8	your- ably	favorably	2	7
		Rheumatic fever.	7	11	6	2
		Piles	4	4	5	5
		Constipation	3	3	5	4
		Blood Pressure	1	4	3	2
		Heart	6	2	6	6
		Gastric trouble	4	8	7	6
		Misc. diseases	82	259	158	105
18	Yoga Abhyasa Ashram, Sonapat.	Total for all Diseases. (No detailed list furnished.)	121	70%	30%	Nil	Nil	80	75%	25%	Nil	59	75%	25%	Nil	14	75%	25%	Nil

Total number of persons reported to be cured 220. No other details made available.

19 Yoga Health Centre (B. S.S.), Jaipur.		Total number of persons reported to be cured 229. No other details made available.				
Constipation	Stomach trouble					
Loss of body weight.	Indigestion					
Over weight	Defective eyesight.					
Diabetes	T.B.					
Asthma	Cough					
Rheumatism	Piles					
Diabetes	Gastritis					
Dyspepsia	Chronic Head-ache.					
Chronic cold	All Chronic diseases.	250	75%	25%	Nil	470
Constipation	Dyspepsia	Nil	470	80%	20%	Nil
Piles	Diabetes	Nil	470	80%	20%	Nil
Diabetes	Hernia	Nil	470	80%	20%	Nil
Gastritis	Rheumatism	Nil	470	80%	20%	Nil
Dyspepsia	Disorder of Liver and Spleen.	Nil	470	80%	20%	Nil
Chronic Head-ache.	Inactive Kidney	Nil	470	80%	20%	Nil
Chronic cold		Nil	470	80%	20%	Nil
All Chronic diseases.		Nil	470	80%	20%	Nil
Constipation		Nil	470	80%	20%	Nil
Dyspepsia		Nil	470	80%	20%	Nil
Piles		Nil	470	80%	20%	Nil
Diabetes		Nil	470	80%	20%	Nil
Hernia		Nil	470	80%	20%	Nil
Rheumatism		Nil	470	80%	20%	Nil
Disorder of Liver and Spleen.		Nil	470	80%	20%	Nil
Inactive Kidney		Nil	470	80%	20%	Nil

No record maintained.

28	Yogasana Doga Patilchhi Sali, Purnakudi.	All General diseases.	61	40	21	Nil	68	50	18	Nil	87	70	17
29	Yoga Sadhan Ashram, Chharuta, (Amritsar).	Cataract and allied diseases. Chronic cough, fever, Ashtama Headache, Diabetes, Piles.	239	150	89	Nil	573	391	182	Nil	166	109	57	Nil	Nil
30	Yog Vadya Savardhak Mandal, Patna.	Dyspepsia, Diabetes, Debility, Neuralgia, Misc.	10	10	..	Yes	Favorably	34	34	Yes Favorably	16	16	..	Yes Favorably	..
31	Yoga Mahavidyalaya, Bombay.	All General diseases.	No specific information furnished in respect of persons treated and cured etc.												
32	Yoga Health Deptt. (B.S. S.), New Delhi.	Chronic Cold, Headache, Lakva etc.	About 230 persons reported to have been treated successfully. No separate breakup furnished.												
33	Yoga Satsang Society of India, Simla.	..	No treatment provided by Yoga Therapy.												
34	Yog Asana Aalaya, Madras.	Nervous Dis-ability. Asthma. Gastric trouble. General weakness.	2	2	4
35	Sri Valanki Ashramam, Thombur, P. O., Andhra Pradesh.	Leprosy, T. B. Skin diseases, Chronic stomachaches.	No figures furnished.												
36	E. K. Padmanabhan Yogasana Specialist Nature Curing Centre, Madhavoyal, P. O. Via Andabitoor.	No specific information.	No specific information furnished.												
37	Yoga and Health Training Centre, Tiruvanduram.	Asthma, Indigestion, Headache, Diabetes, Obesity, Piles, Constipation, Rheumatic complaints.	7	7	4	4	13	13

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
38	Shri Kudi R. N. Memorial Yoga and Nature Cure Clinic Kankipad Post, Andhra Pradesh.		Asthma. Diabetes. Chronic indigestion. Nervous weakness. Blood Pressure Leucoderma. Miscellaneous.	60	52	8	Yes	Favourably.	62	55	7	Yes	Favourably.	48	44	4	Yes	Favourably.	34	32	2	Yes	Favourably.
39	Sri Yoga Sadhan Niketan Ashram, Near Red Fort, Delhi.		Obesity. Constipation. Indigestion. Asthma. Kidney Gall Stones. Leucoderma. Chronic Headache etc.																				
40	Yoga Physical Culture Society (India), 148, Gupta Colony, Delhi.		Loss of Appetite. Rheumatism. Asthma. Defects in nerves of Eyes, Nose, Throat & Ears. Loss of weight.																				
41	Praktik Chikitsalaya, Bapu Nagar, Jaipur.		No details furnished.																				
42	Atrogya Yoga Ashram, Thondiarpet, Madras-24.		No details furnished.																				

No record of the persons treated maintained.

Complete data viz. No. of persons treated and those responded favourably and unfavourably not supplied.

Yogic therapy practised only as a part of the Nature Cure treatment. Exclusively Yogic therapy not practised as such. No arrangements exist at present for the follow up of the treatment given to the patients

No separate record yearwise supplied. However, 2000 patients claimed to have been treated since 1952. The figures of those who responded favourably as well as the list of diseases treated by Yogic Therapy not supplied.

ANNEXURE I
YOGA INSTITUTE, SANTA CRUZ, BOMBAY
Evaluation of Therapeutic Claims of Yoga
(Information supplied by the Institution)

Year 1957-58

Name of the Disease	Number of persons treated	Number of persons who responded to the treatment favourably	Number of persons who did not respond favourably	Does the Institute maintain any arrangement for a follow-up of the treatment given to the patient? What are the results thereof	Remarks
1	2	3	4	5	6
1. Anaemia . . .	1	1	..	No follow-up	} Lack of facilities*
2. Asthma . . .	1	1	..	After 1 year, good	
3. Bradycardia . . .	3	2	1	Follow-up of 2, good	
4. Bronchitis . . .	1	1	..	Indirect (post), good	
5. Chilblain . . .	1	1	..	Indirect (post), good	
6. Chronic Constipation . . .	3	3	..	2 follow-ups, good	
7. Colitis . . .	3	3	..	Follow-up for one Year, v. good.	
8. Debility general and nervous. . .	3	3	..	2 follow-ups, good	
9. Emphysema. . .	2	2	..	1 year after, good.	
10. Flatulence . . .	3	3	..	2 follow-ups, good.	
Gastritis . . .	2	2	..	follow up 3 years, good.	
Hepatitis . . .	4	3	1	3 follow ups, v. good.	
11. Hypertension . . .	2	2	..	2 follow ups v. good	
12. Hypotension . . .	1	1	..	follow-up after one year, good.	
Cardiac insufficiency. . .	1	1	..	after 1 year, fair	
12A. Menorrhagia . . .	4	4	..	3 follow-up after one year, good.	
13. Myasthenia gravis . . .	1	1	..	Follow up, indirect good.	
14. Neurasthenia . . .	2	2	..	follow-up, indirect.	
15. Neuritis . . .	1	1	..	follow-up, indirect.	
16. Obesity . . .	2	2	..	Follow-up, v. good.	
17. Palpitation . . .	1	1	..	Follow-up, indirect.	
18. Ptosis. . .	2	2	..	2 follow-ups, v. good.	
19. Tachycardia . . .	1	1	..		
20. Psychasthenia . . .	4	4	..		
21. Underweight . . .					

*As an incentive, re-examination is not charged but once the patient is better he does not care to take trouble to help follow-up. Some are distant patients who cannot come. Laboratory investigations at the cost of the Institute are carried out in some cases but there is lack of cooperation, and follow-up is not possible in all cases. Indirect follow-up means personal communications by the patients or their acquaintances visiting the Institute. Owing to the lack of funds and staff, direct follow-up cannot be maintained as at present.

1	2	3	4	5	6
Year 1958-59					
Acidosis . . .	1	1	..	No follow-up	
Allergy . . .	1	1	..	Follow-up, good	
Amnesia . . .	1	1	..	Follow-up, good	
Anaemia . . .	10	10	..	1 year follow-up 7 good	
Anxiety Neurosis	1	..	not much	No follow-up	
Appendicitis .	2	2	..	1 follow-up, good	
Arrhythmia . .	2	2	..	1 follow-up, v. good	
Asthma . . .	3	3	..	1 follow-up 1 good. 2 v. fair.	
Blood Acidity .	5	5	..	Follow-up, 2 good, 1 fair.	
Bradycardia . .	2	1	1	Follow-up, 1 good	
Cardiac Insufficiency	8	8	..	Follow-up, 5 v. good and 3 fair.	
Cardioneurosis .	2	2	..	Follow-up, both very good.	
Colitis . . .	2	1	1	Follow-up, 1 good.	
Constipation . .	5	5	..	Follow-up, 4 good.	
Coryza . . .	1	1	..	Follow-up, 2 indirect, good.	
Debility . . .	4	4	..	Follow-up, 2 v. good	
Diabetes . . .	3	3	..	Follow-up, 2 good	
(1 lipogenous)					
Dilatation (Heart)	1	1	..	Follow-up, indirect good	} Lack of facilities.
Eosinophilia . .	6	6	..	Follow-up indirect, all fair.	
Epilepsy . . .	1	..	1	No proper facilities	
Fibrinities . . .	1	1	..	(Indirect follow-up, good)	
Flatulence . . .	5	5	..	Follow-up, 5 v. good	
Headache . . .	1	1	..	Follow-up, good	
Hypertension . .	5	5	..	Follow-up 1 year, 4 good	
Insomnia . . .	1	1	
Lack of Orientation	1	1	..	Follow-up indirect, good	
Liver Enlargement	1	1	..	No follow-up	
Plural Thickening	1	1	..	Follow-up for short time, fair.	
Ptoxis . . .	3	3	..	Follow-up, 1 good	
Obesity . . .	1	1	..	Follow-up, good	
Neurasthenia . .	3	2	1	Follow-up, 2 v. good	
Rheumatism . .	1	1	..	No follow-up	
Subluxation . .	1	1	..	Follow-up, good.	
Sinusitis . . .	2	2	..	Follow-up, 1 good.	
Stiff Neck . . .	1	1	..	Follow-up, good	
Toxemia . . .	1	1	..	No follow-up.	
Year-1959-60					
Anaemia . . .	2	2	..	Follow-up, 2 very good	
Atomic colon and Hernia.	1	1	..	No follow-up	No facilities
Blood Acidity . .	1	No follow-up	

1	2	3	4	5	6
Cardiac Insufficiency	3	3	..	Follow-up, 2, fair and 1 good.	
Colitis . . .	1	1	..	Follow-up, very good	
Chronic Constipation .	3	3	..	Follow-up, 2 v. good.	
Debility—					
General and Nervous.	9	9	..	Follow-up, 5 fair, 2 good.	No facilities
Dislocation of Spinal disc.	1	..	1	No follow-up	
Pispensia . . .	1	1	..	Follow-up, good	No facilities
Enlargement of Spleen.	1	Result not known	
Epileptic fits .	1	..	1	Result not known	
Eosonophilia .	1	1	..	No follow-up	
Gastritis flatulance	3	3	..	Follow-up, 1 good 1 fair	No facilities
Hyperacidity .	1	1	..	Follow-up, v. Good	
Hepatic Torpor	1	1	..	Follow-up, fair.	
Hypertension .	4	4	..	Follow-up, 2 fair 1 good.	
Hyperchlohydria	1	1	..	No follow-up	
Gastric cattarh .	1	1	..	Follow-up, good.	No facilities
Hepatitis . . .	1	1	..	No follow-up	
Indigestion .	1	1	..	No follow-up	
Neurasthenia .	1	1	..	Follow-up, v. good	
Neurosis . . .	1	1	..	No follow-up	
Neurotic Illusion	1	1	..	No follow-up	
Obesity . . .	1	1	..	Follow-up	
Osteoarthritis .	1	..	1	No follow-up.	No facilities
Osteosclerosis .	1	1	..	No follow-up.	
Ptosis . . .	1	1	..	Follow-up, fair	
Rhinitis (allergy)	2	1	1	No follow-up	
Septum deviation	1	1	..	No follow-up	
Sinus Arrhythmia	1	1	..	Follow-up, good	
Underweight .	1	1	..	Follow-up, good	
Year 1960-61 up to 30th September, 1960					
Anaemia . . .	2	1	1	Follow-up, 1 good	Lack of facilities
Anxiety-fear complex.	2	1	..	Follow-up, 1 good	
Baldness . . .	1	..	1	No follow-up	Lack of facilities
Blood Acidity .	1	..	1	No follow-up	Lack of facilities

1	2	3	4	5	6
Cardiac					
Insufficiency .	4	2	1	Follow-up of 2 good	Lack of facilities
Debility	9	9	..	Follow-up, 2 good.	Do.
General and nervous					
Constipation	6	6	..	Follow-up, 1 v. good	Do.
Chronic .					
Emphysema .	1	..	1	No follow-up.	Do.
Friendreich's ataxia	1	No follow-up	
Gastritis with					
Flatulance .	2	2	..	Ditto.	Lack of facilities
Hypertension .	1	1	..	Ditto.	Do.
Insomnia . .	1	..	1	Ditto.	Do.
Low Blood Pressure	1	1	..	Ditto.	Do.
Neurasthenia .	7	7	..	Follow-up 1. v. good	Do.
Obesity . .	1	1	..	Follow-up, good	Do.
Ptosis. . .	1	1	..	No follow-up.	Do.
Rhinitis . .	1	1	..	Ditto.	Do.
Sinusitis . .	1	1	..	Ditto.	Do.
Toxemia . .	1	Ditto.	Do.
Tonsillities . .	1	1	..	Ditto.	Do.

APPENDIX V(i)

PROPOSALS FOR FINANCIAL ASSISTANCE SUBMITTED BY THE DIFFER-
ENT 46 INSTITUTIONS

From

Swami Kuvalayananda, Director of Research, Kaivalayadhama S.M.Y.M.
Samiti, Lonavla (Poona)

and

Director of Ishwardas Chunilal Yogic Health Centre, Kaivalayadhama, 43,
Netaji Subhash Road, Bombay-2.

To

Shri R. L. Anand, Under Secretary to the Government of India, Ministry of
Education, New Delhi.

*Subject :—Proposals in the form of a Scheme for Promoting the cause of Yogic
Therapy in particular and Yogic Physical Education in general*

Sir,

Accompanying please find proposals of the two institutions mentioned above
made to the Dr. Anand Committee in the light of the discussions that the undersigned
and his co-workers had with the members of the Committee at the time of their visits.
Although these two institutions are legally separate they are working in close co-
operation and the accompanying proposals are complementary to each other and are
calculated to serve the object in view far better than otherwise.

It is fervently hoped that this will find favour with the Committee and the Com-
mittee's recommendations to the Ministry or Ministries concerned will soon be com-
municated to the undersigned.

Yours faithfully,

Sd. KUALAYANANDA

Director of Research

Kaivalayadhama—K.S.M.Y.M. Samiti, Lonavla
and

Director of I.C.Y. Health Centre,
Kaivalayadhama, Bombay-2.

Encl: One Scheme

SCHEME FOR CLINICAL RESEARCH

Yogic Therapy has been in vogue for nearly half a century in this country. Even
before this, the Therapy seems to have been in use amongst the followers of various
Yoga schools for some centuries, as can be seen from traditional texts. At no time,
however, has the Therapy been assessed objectively and its channels of action studied
on a precise scientific basis. The Kaivalayadhama Institutions have so far done
investigations on the physiology of some Yogic practices. This work has also been
done on stray problems by a few other Governmental and non-Governmental bodies
as well. But, as said above, at no time has any systematic investigations been carried
out on the clinical effects of Yoga, though the Therapy has provided enough material
to demand such an investigation into its claims.

The Kaivalayadhama has been carrying out, ever since its inception at Lonavla
in 1924, Yogic therapeutical work. In 1932, it established a Yogic Health Centre
in Bombay, which has received due recognition both from the public as well as th

Government. At present, this Health Centre is attended daily by some 500 members, males and females of all castes and creeds. Of these, nearly half are patients who suffer from various functional disorders. During the 28 years of its life, the Health Centre has collected a voluminous record of clinical data. But this record is not of much value because of lack of proper analysis and follow-up work. The Centre has not been able to do this work, for want of adequate funds and trained hands. An attempt in the past to do follow up work has to be stopped because of lack of proper response from patients. If these data were analysed judiciously and a follow-up carried out, wherever possible, it should afford a good basis for an evaluation of this therapy. It is proposed, therefore, that this work should be undertaken as a preliminary step towards an assay and evaluation of Yogic therapy.

The Health Centre, however, can only cater to patients who come and go and live their own normal work-a-day life with all its attendant stresses. This could not be taken as fair to the therapy which lays a great stress on a change in the very way of life. Only indoor treatment could afford opportunities to bring this about. With this end in view, the Kaivalayadhama, through its offshoot, Kaivalayadhama S.M.Y.M. Samiti, has started a Yogic Hospital at Lonavla which has about 24 beds. The aim in founding this Hospital is primarily to help an objective assay of the results of Yogic Therapy. There is already a well-equipped laboratory at Lonavla with X-ray, Electroencephalograph (really a polygraph) and various other pieces of apparatus for biochemical and biophysical investigations. If to this are added a few other pieces, it could make a good clinico-pathological laboratory to investigate the results of Yogic treatment on patients who attend the Hospital.

As indicated above, the Bombay Health Centre too can provide valuable material for such assessment. Though the patients attending there may not be receiving intensive Yogic treatment, the Centre could provide a number of cases of great variety and degree of disorders. These, if investigated properly, could give a good insight into the effects of Yogic treatment on patients who otherwise lead a normal life. While the Hospital at Lonavla will not be admitting physical culturists, the Bombay Health Centre regularly admits a considerable number of these and has kept a record of their cases too. Though clinical research may primarily be concerned with results of treatment on patients, to get a deeper insight into the channels of action of the exercises, it would be advisable to also check their results on the so-called physical culturists having no manifest complaint. It is, therefore, suggested that the Health Centre too should have a laboratory of its own for such investigations. The committee has already recommended one such during its visit to the Centre. *To establish unity and co-ordination between the two centres, it is suggested that the two laboratories should be under common management.* The Medical Officer to be appointed at the Bombay Health Centre and the Pathologist at Lonavla could work in unison and have a common control over the clinical research work at both the Centres. This would further bring down recurring and capital expenditure, if some major pieces of apparatus and staff are also shared by the two centres. This could be easily achieved if there is a proper conveyance at the control of the Institution. The enclosures (Encls. I and II) attached herewith will give an estimate of the probable expenditure, incurred on these two units if they were to work independently and how it can be brought down by such a co-ordination between them (Encl. III).

The accommodation at the Health Centre has proved inadequate for its heavy attendance of 500 members every day. There is also a standing demand for admission and many people have to be kept on waiting list. At present, physical culturists and patients both are attended to by instructors in a common class. This is very unfair to patients who must receive more individual attention. The Centre has kept some funds earmarked for an extension of the building to provide additional accommodation and adequate facilities for treatment. It was suggested to the Committee (appointed by the Union Government under the Convenorship of Dr. Anand for assessment of Yogic Therapy) that this extension could be made really adequate enough with separate rooms for laboratory etc. if the Government were to help the Centre with a capital grant for the same. A scheme for this extension, with an estimate of expenditure is given in Encl. IV.

A Request

The Kaivalayadhama S.M.Y.M. Samiti has been receiving 75% grants for equipment and 60% for Research Buildings. It is requested that these same may be recommended for this scheme too. It is further requested that the grant for recurring expenditure may be enhanced to cent per cent.

ENCLOSURE I

Clinical laboratory at Lonavala

Type of Work to be Done

1. Urine Routine examination, qualitative and quantitative chemical examination.
2. Blood Cytological, haematological and quantitative chemical examination of usual and special components.
3. Faeces Routine microscopic and chemical examination.
4. Sputum Routine microscopic examination.
5. Cerebro-Spinal and other puncture fluids. Routine microscopic examination, qualitative and quantitative examination.
6. Gastric contents analysis.
7. Metabolism tests, B.M.R. and others.
8. Function Tests Tests for functional efficiency of organs e.g. Liver, Kidney etc. depending upon chemical examination of urine and blood. Pulmonary and Cardiac efficiency tests.
9. Electrocardiography.
10. Electroencephalography.
11. Roentgenology.

Special Instruments and Apparatus

Most of the costly equipment which is with the Scientific Research Department of the Kaivalayadhama S.M.Y.M. Samiti, Lonavala, at present can be made available for the clinical research and diagnostic work of the Hospital. The Department is willing to co-operate and afford facilities for clinical research provided there is a special staff to do the work. It will even be ready to help this staff in the use of the special apparatus whenever required without interfering in its normal routine work. However, the following few instruments, needed for some of the above tests, have to be added early.

S. No.	Name	Approximate cost
1	2	3
1	E.S.R. determining apparatus	100.00
2	Micro-Kjeldahl heating stand	600.00
3	Micro-Kjeldahl distillation set	500.00
4	Hot Air Oven (electric)	800.00
		<hr/> 2,000.00

1	2	3
The instruments noted below will also be a desirable addition :—		
1	Microscope, Binocular for advanced research, with phase contrast, dark back-ground, drawing and other adaptations.	6,000·00
2	Optical Colorimeter	1,500·00
3	International Centrifuge No. 2.	5,000·00
4	Muffle Furnace	2,000·00
		<u>14,500·00</u>
Besides these, the following sundry items, will have to be added :—		
1	Graduated and ungraduated glassware	900·00
2	Wooden and hardware material (e.g. stands etc.)	150·00
3	Chemicals, Reagents, Indicators and stains	500·00
4	Additional furniture	900·00
5	Stationery	100·00
		<u>2,550·00</u>
		<u>19,050·000</u>

Space

The present space available in the scientific laboratory if shared, should be adequate to serve the major requirement of the clinical laboratory. However, an additional room, of about 15' × 12', with some convenient sanitary arrangement added to it, will be desirable for functional tests. (There is no sanitary block in the present laboratory building).

The cost of this may approximately come to :—

5,000.00 24,050.00

The above will form the capital expenditure to be incurred.

Annual Recurring Expenditure

(a) Staff :

(1) Pathologist (600-1000 p.m.)	7,200 — 12,000
(2) Two Technicians (150-200 p.m.)	4,800 — 6,000
(3) One Laboratory Boy	1,000 — 1,500
	<u>13,000 19,500</u>

(b) *Replacing expendible material such as chemicals, glassware and stationery :*

(1) Chemicals . . .	500.00	
(2) Glassware . . .	300.00	16,250.00
(3) Stationery . . .	100.00	
	<u>900.00</u>	<u>1000.00</u>
	(1000.00 Approxm.)	17,250.00

Approximate Expenditure Figures at a Glance

(a) <i>Capital expenditure over apparatus.</i>	19,050.00
Capital expenditure over Laboratory Extension . . .	<u>5,000.00</u>
	24,050.00
(b) <i>Annual Recurring expenditure</i>	
(a) Staff	16,250.00
(b) Replacement of expendible material	<u>1,000.00</u>
	17,250.00

ENCLOSURE II**Clinical laboratory at Bombay****Type of Work to be Done :**

- (1) Urine . . . Routine examination, quantitative estimation of urinary chemical constituents.
- (2) Blood . . . Routine cytological and haematological tests and quantitative chemical examination.
- (3) Faeces . . . Routine and chemical examination.
- (4) Sputum . . . Routine and chemical examination.
- (5) Gastric contents analysis.
- (6) C. S. Fluids . . . Cytological and quantitative chemical examination.
- (7) Tests of Functions Involving chemical analysis of urine and blood.

Special Instruments and Apparatus :

- (1) Microscope-Medical 2500—6000
- (2) Colorimeter-optical 1500—2000
- (3) Photocolorimeter with filters or spectral type . . . 3000—6000

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(b) *Replacement of expendible material :*

(1) Chemicals	500
(2) Glassware	300
(3) Stationery	200
	<hr/>
	1000
	<hr/>
	29,520.00

Even with this, the most important and significant part of investigation will be left over, if tests like pulmonary and cardiac efficiency tests, B.M.R. etc. are not resorted to. For the same, the following apparatus will be required in addition. If, however, arrangements are made to shift these pieces to Bombay periodically from Lonavla as could easily be done, this item of expenditure could be saved.

(1) Micro-Kjeldahl heating stand	600.00
(2) Micro-Kjeldahl distillation set	500.00
(3) Chemical Balance (Sensitivity 0.1 mg.)	800.00
(4) Physico-chemical Balance	300.00
(5) B. M. R. Apparatus	3500.00
(6) Spirometer	1000.00
(7) Respirometer	7000.00
(8) Air Analysis Apparatus	1000.00
(9) Cardiograph	7000.00
(10) E. E. G. (Polygraph)	30000.00
(11) Accessories for A. N. S. Reaction measurements	12000.00
	<hr/>
	63700.00

Of these, except the Air Analysis Apparatus, all other pieces could be shifted to Bombay from Lonavla periodically, if there was a conveyance owned by the Samiti, in which special arrangement can be made for transshipment of these under personal supervision. This convenience will further help also to bring patients to Lonavla laboratory for investigation if any piece of apparatus cannot be shifted or is thought undesirable to be shifted. This could be easily done without any additional expenditure, as the conveyance would be plying to and fro periodically between Bombay and Lonavla carrying staff and apparatus. For full details of this plan, please see Encl. III.

Approximate Expenditure Figures, at a glance :

(A) Capital expenditure over apparatus	24,638.00
Capital expenditure over special apparatus	63,700.00*
(B) <i>Annual Recurring Expenditure :</i>	
(1) Staff	28,520.00
(2) Replacement of expendible material.	1,000.00

(*without these, the normal routine clinical examinations e.g. of urine, faeces blood etc., it is felt, will not help much in this particular field of assessment).

ENCLOSURE III

A Plan for saving unnecessary reduplication of apparatus and staff at the two centres

As indicated in Encl. II, a good many pieces of apparatus could be safely transhipped periodically to Bombay from Lonavla along with the staff to work the same, provided the Institution were to have its own private conveyance such as a station wagon. The saving that can be made with such an arrangement is detailed below. This would also have an additional advantage. At present, if the pieces of apparatus at Lonavla get out of order, requiring attention of special technical staff of the servicing companies, it takes days together to get such a service. Many a time, the staff comes to check the apparatus and goes back to bring parts required for replacement and thus creating an undue delay in setting the apparatus right. With a conveyance at the disposal of the Institution, these pieces could be immediately taken to the workshops of the companies themselves and repairs got done without delay. It is the Samiti's experience that if such things are got done with a personal approach, they are achieved more quickly and efficiently. As mentioned in Encl. II, if a piece of apparatus cannot be shifted, the patients themselves could be brought down to Lonavla at their convenience and this would not involve any additional expenditure, as the conveyance would be plying periodically between Bombay and Lonavla.

Details of saving in the expenditure, if a station wagon is kept at the disposal of the Institute :—

(A) On Capital Expenditure :

On special Instruments (63,700—1,000 Air Apparatus) 62,700·00

On other pieces which could possibly be used in common without reduplication..

(1) Microscope	2500—6000	
(2) Colorimeter (Optical)	1500—2000	
(3) Photocolorimeter (with filters)	3000—6000	
(4) Hot Air Oven	750—1000	
(5) E. S. R. Apparatus	100—150	
(6) Haematological	555—1010	
	8405—16,160	12,282·00
Less.—Cost of a Station Wagon	15000—20000	17,500·00
		<u>57,482·00</u>

(B) On Annual Recurring Expenditure :

Staff (excepting a laboratory boy, special Medical Officer, and a clerk, all the laboratory staff could be common)	22540—24500	23520·00
	10540—16500	— 13520·00
		<u>10,000·00</u>
Less:—Maintenance and plying of station wagon	2400—3000	
and Salary of a driver for the same	1200—1500	
	3600—4500	4050·00
Per annum approximately		<u>5950·00</u>

Thus, there will be a saving both on capital expenditure and recurring expenditure, as above. Another advantage which has to be taken into consideration is this. Most of the costly special pieces of apparatus, being electronic in type, happen to work awarilly if not kept in constant use in expert hands. Such a sharing of work between the two centres will help to keep the pieces in running order constantly

If this plan were accepted, the approximate expenditure incurred on research at the Bombay Centre would come to :—

(1) *Capital expenditure*

19505—29760	
— 8405—16160	12,350·00
<hr/>	
11100—13600 (on equipment)	

(2) *Annual Recurring Expenditure*

10540—16500 (Salary of Medical Officer, clerk & laboratory boy)	14,520·00
+1000—1000 (On expendible material)	
<hr/>	
11540—17,500	

The capital and recurring expenditure on the station wagon could be treated as common to both the centres; if this was divided equally, then the expenditure at Lonavla and Bombay would come to :—

LONAVLA				
				<i>Approx.</i>
Lab.	Capital	19050—20000		
Wagon	Exp.	7500—10000	28,275·00	
		<hr/>		
		26550—30000		
				<i>Approx.</i>
Lab.	Annual	13900—20500		
Wagon	Recur. exp	1800— 2250	18,975·00	
		<hr/>		
		15700—22750		
BOMBAY				
				<i>Approx.</i>
Lab.	Capital	11100—13600		
Wagon	Exp.	7500—10000	21,100·00	
		<hr/>		
		18600—23600		
				<i>Approx.</i>
Lab.	Annual	115400—17500		
Wagon	Recur. exp.	1800—2250	16,545·00	
		<hr/>		
		13340—19750		

*ENCLOSURE IV***Plan and Estimate for the proposed Extension of the Bombay Health Center and the Laboratory Building at Lonavla**

A rough plan for the extension of the Health Centre building is attached herewith. It is estimated that it might cost about Rs. 90,000-00 for its completion. The Centre has already a plot of about 3000 Sq. yards leased to it practically permanently by the State Government and there is enough space available for this extension on this plot. The Committee has already seen the site.

At Lonavla, only a small room of 12' × 15' with a Sanitary Block (with septic tank) need be added. The expenditure on this might come to about Rs. 5,000-00.

As mentioned in the introduction, it is requested that at least 60% of this expenditure may be borne by the Central Government through capital grants.



APPENDIX V (ii)

THE YOGA INSTITUTE (SANTA CRUZ, BOMBAY, INDIA)

Ref. OS/GI-Ed.61

Dated 27-1-1961

Shri R. L. Anand,
Under Secretary to the Government of India,
Ministry of Education,
New Delhi-1.

Your Ref. No. F. 23-29/60-PEU, Ministry of Education.

SUBJECT:— *Yoga and The Yoga Institute of Santa Cruz*

Dear Sir,

Hereunder is a list of the four proposals so far made by this Institute to the Ministry of Education none of which has been decided upon within the last three years although co-operation was invited eight years ago.

We are enclosing also herewith a separate consolidated proposal of the present needs. In view of the fact that this Institute has undertaken increasing responsibilities in the promotion of its multifarious activities, we would have appreciated some assistance from the Ministry of Education as a pioneer national institute of 43 years, standing when we learn that lakhs of rupes have been granted in the past during each year by the Ministry of Education to encourage the so-called yoga activities.

Further we enclose herewith our available printed "forms and record sheets" as desired by the Medical Committee. Other research and administrative material which was kept on display during the visit of the Medical Committee on the 29th December, 1960 between 9 a.m. to 11.45 a.m. is not available in printed form with us.

The following four proposals were made in the past to the Ministry of Education since 14-6-1957:—

(1) Proposal through Bombay State Govt. on 21-8-1959.

(i) Central Govt. Ministry of Education Ref. No. F. 20-15/59
PE. 2 of 1-10-59 and

(ii) State Govt. Ref. No. RSI 2859/98427 B.

(a) New building	50,000.00
(b) Scientific equipments	7,500.00
(c) Library books	500.00
	<hr/>
	58,000.00

(2) Proposal through Maharashtra State Govt. on 21-12-1959.

(i) Central Govt. Ref. F. 27-13/60-PEU of 27-6-1960.

(ii) State Govt. Ref. S.I.P.E. 5/4 (II)1056-57 of 13-6-1960.

(a) Hostel-cum-hospital	67,000.00
(b) Furnishing as hospital	7,500.00
(c) Scientific Equipments	20,000.00
(d) Purchase of books	2,000.00
(e) Furniture and deadstock	3,000.00
	<hr/>
	1,00,000.00

(3) Proposal submitted directly to the Minister of Education, Ministry of Education on 1-5-1960.

(a) Appointment of a Study Team to survey and co-ordinate Yoga activities and progress in India. 75,000-00

75,000-00

(4) Proposal submitted through the Advisory Committee appointed by the Ministry of Education.

(i) Ref. F. 37/13/59-U-5 and F. 14-60/U-4 on 25-7-1960.

(a) non-recurring grants 1,41,000-00

(b) recurring grants 52,000-00

1,93,000-00

The fifth urgent proposal was for "Yoga Hospital" submitted directly under YOGAPSYCHOSOMATICS personally to all the members of the Medical Committee visiting the Institute on the 29-12-1960.

(i) Ref. F. 23-29/60-PEU, Ministry of Education on 24-9-60.

(a) Recurring grant 12,000-00

(b) Free beds 200-00 per bed 24,000-00

36,000-00

Our latest consolidated proposal herewith contains the above proposals as well and may be considered as an overall proposal in light of the observations made by the Medical Committee during their visit.

CONSOLIDATED AND REVISED FINANCIAL PROPOSAL OF THE YOGA INSTITUTE OF SANTA CRUZ SUBMITTED TO THE MEDICAL COMMITTEE APPOINTED FOR THE PURPOSE BY THE GOVERNMENT OF INDIA, MINISTRY OF EDUCATION, NEW DELHI VIDE REF. NO. F. 23-29/60-PEU

Introduction

The place of Yoga in national and international life, the 43-year pioneer work being carried on at the Yoga Institute, Santa Cruz, the various educational, therapeutic, social and cultural proposals made by the Institute are all on record with the Government of India, Ministry of Education, *vide* their various references :

1. F. 20-14/59-P.E.2
2. F. 27-13/60-PEU of 27-6-60.
3. F. 37/13/59-U-5 & 14/60/U-4
4. F. 23-29/60-PEU etc. etc.

An outline of Yoga therapeutics was also submitted to the visiting Medical Committee on 29-12-1960.

The reason for this fresh revised proposal is to consolidate the financial proposals so far made by the Institute and to add certain items of additional expenditures in the light of the Medical Committee's visit and suggestions.

The Institute is specially interested to augment its present limited hospital, research and training activities to serve larger national, international and scientific purposes.

1. RECURRING GRANTS (to cover proposed expenses each year):—

(a) *Training Institute of Yoga*

1. Rent	3750.00
2. Honorarium	4800.00
3. Miscellaneous Expenses	1000.00
4. Contingency & General expenses	1000.00
5. Salary for lower staff	3000.00
6. Sundry expenses (e.g. depreciation, insurance etc.)	3350.00
7. Proposed additional honorarium and new staff	7800.00

24700.00

(b) *Research Departments*

1. Proposed honorarium for full-time	10800.00
2. Proposed salary and additional staff	4800.00
3. Laboratory Expenses	2500.00
4. General expenses	1000.00
5. Rent	1200.00
6. Contingency & Miscellaneous	400.00

20700.00

(c) *Clinic-cum-Hospital*

1. Rent	1200.00
2. Proposed honorarium to qualified staff and additional staff	12000.00
3. Proposed salary	2400.00
4. Contingency & Overheads	500.00

16100.00

TOTAL 61,500.00

(d) *Yoga Extension Service*

1. Honorarium paid & proposed	2400.00
2. Contingency etc.	500.00
3. Miscellaneous expenses	1700.00

4600.00

(e) *Publishing Department*

1. Printing & Stationery	5000.00
2. Honorarium to Editor and part-time staff	2100.00
3. Miscellaneous expenses	600.00

7700.00

TOTAL RECURRING EXPENSES PROPOSED
Approximately 73,800.00

2. **NON-RECURRING GRANTS** (to cover expenditure on scientific and other equipment proposed):—

(a) *New building single storey for 12 beds.*

1. Single storey for 12 beds hospital-cum-hostel	67500.00
2. Special fittings and furniture	7500.00
	<hr/>
	75000.00
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Proposed third unit

1. New building with only ground floor with Research, Academy Museum, main Hall, Library and provision for extra 38 bed shospital facilities. Approximate area 30000 sq.f. @Rs. 1.50.	45000.00
2. Furnishing of the new building for the above special purposes	10000.00
	<hr/>
	55000.00
	<hr/>
TOTAL	130000.00
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(b) *Scientific Equipments*

Approximate cost

1. Phillips 20 m. A. X-ray	10000.00
2. Universal Oxymeter	7500.00
3. Spirometer with recording drum (Instruments & Chemicals Ltd.)	2400.00
4. Colorimeter EEL. (22 determinations) English make	2200.00
5. Centrifuge, Phillips	400.00
6. Direct Recording Electro-Encephelogram with 16 channels Model E 541.	60000.00
7. Kymograph, Indian (Instruments and Chemicals Ltd.)	2800.00
8. Flame Photometer (Kipp & Zonan)	5000.00
9. Oscilloscope High Sensivity	3700.00
10. Basal Metabolism Instrument (Kipp & Zonan)	10800.00
11. Phillips Cardiopan, tripple channel	20000.00
12. Electrodyne with Electrocardioscope	60000.00
13. Timing Unit, Palmar type	520.00
14. Air-conditioning "Tempair" Unit	2700.00
15. Miscellaneous laboratory, furniture and other equipments, chemicals, porcelain and glasswares etc.	15000.00
	<hr/>
	203020.00
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(c) *Publications* (Out-of print books, research extracts, Collated MSS. etc.).

1. Yoga Essays	2350.00
2. Yoga for Women	2600.00
3. Manuals on Yoga Education	2500.00
4. Yogaya jnavalkyam MSS.	3000.00
5. Hindi translations of the above	15200.00
6. Research Extracts	3150.00
7. Yogapsycho somatics with case Illustrations and Reports	5300.00
TOTAL	34100.00

(d) *Visual Aids for Academy, Hospital and Mobile Educational Exhibits* Approx. cost.

1. R.C.A. Projectors 16 m. sound	4300.00
2. Specially prepared designs for medical discipline and educational purposes 50 sets editing and preparing and p.p.	5000.00
3. Blocks	5000.00
4. Miscellaneous	250.00
TOTAL	14550.00

(e) *Study Team of Yoga*—to survey the whole field of Yoga and the Yogins in India for a period of one year.

1. Honorarium to Committee Members (of five members)	30000.00
2. T.A.	27000.00
3. Salary of clerk & peons and sundries	4000.00
4. Publication of data	6000.00
5. Establishment Expenses	7200.00
	74200.00
Approx.	75000.00

(f) *Scholarships*—to prepare cadre of teachers of Yoga Education and Therapy.

1. 6 Scholarships for one CTYED course	14400.00
2. 6 Scholarships for 2 year Diploma Course YD. (being Rs. 200 per month for the first category and Rs. 200 for first year and Rs. 300 for second year for second category)	43200.00
	57600.00

TOTAL NON-RECURRING EXPENSES PROPOSED FOR GRANTS.*Approximately :*

A. New Buildings	130000.00
B. Scientific and other Equipments	203020.00
C. Publications	34100.00
D. Visual Aids	14550.00
E. Study Team of Yoga	75000.00
F. Scholarships	57600.00
	514270.00

APPENDIX V (iii)

H. S. Ramani,
Deputy Secretary to Government
Medical & Public Health Deptt.

JAIPUR
Rajasthan

D. O. No. F. 4 (109) MPH/60

April 27/28, 1961

My dear Shri Anand,

Under Central Government aid, Ministry of Health Government of India, a 20 bedded Yogic Research Centre is being established at Jaipur shortly. Suitable borrowed building has already been obtained for the said Centre and equipment worth Rs. 40,000 has already been purchased. Dr. B. K. Anand, Professor of Physiology, All India Medical Institute, New Delhi, and as far as I understand a member of your Committee on his recent visit to Jaipur, has seen the site and available accommodation for the said Centre and has approved of the same.

We intend to establish the Centre in a way to obtain the best scientific results out of the Yogic therapeutic treatment on diseases like diabetes, hypertension, asthma, chronic gastro-intestinal disorders etc. The Yogic treatment given to diabetic patients in diabetes camps held at Jaipur and Delhi lately have proved very successful, as would be evident from the results recorded and published and actuated with these results we have taken to establish this centre for further scientific research. Naturally, therefore, we would wish to staff the Centres with duly qualified research doctors—one of them at least a M.D. in Medicine, a Pathologist, a part time Physiologist and other ancillary staff. Also we will need some special equipment. In due course of time we would like to have an independent building also for the said Centre. The approximate expenditure for both recurring and non-recurring items has been worked out as per attached enclosure—total of which comes to Rs. 2,21,220.

In this connection, I have to request you to kindly provide substantial financial aid from the Ministry of Education for the said research Centre. Such an aid would undoubtedly help the State Government considerably in setting up the Centre on the desired scientific lines.

Yours sincerely,
Sd. H. S. Ramani.

Shri R. L. Anand,
Under Secretary to the Government,
Ministry of Education.

FINANCIAL IMPLICATIONS

IN CONNECTION WITH THE 20 BEDED YOGA RESEARCH CENTRE

<i>Pay of Officers</i>	<i>Rs.</i>
1. Jr. Specialist (M.D.) . . . 400—25—700—EB—30—850 .	4800.00
2. Pathologist (C. AS. I) . . . 250—25—520—EB—25—700 .	3000.00
TOTAL .	7800.00

Pay of Establishment

Rs.

1. Manager—1	150—10—220—EB—10—250— 12—300.	1800.00
2. Lab. Technicians—2.	60—4—80—5—100—EB—5—130	1440.00
3. U.D.C. (Accts. Clerk)—1	80—5—120—EB—8—160—10— 200.	960.00
4. L.D.C. (Typist)—1	60—4—80—5—100—EB—5—130	720.00
5. Class IV—6	25—1—40.	1800.00
TOTAL		<u>6720.00</u>

Cook	1
Farash	2
Peon	1
Sweeper	1
Chowkidar.	1
	<u>6</u>

Allowances & Honoraria

Dearness Allowance	}	5000.00
House Rent Allowance		

Special Pay .—

Jr. Specialist @ 100/- p.m.	}		
Pathologist @ 100/- p.m.			3600.00
Part-time			
Physiologist @ 100/- p.m.			
		TOTAL	<u>8600.00</u>

OTHER CHARGES*A. Office Expenses*

Service Postage & Telegram	300.00
Liveries	500.00
Books & Periodicals	800.00
TOTAL	<u>1600.00</u>

B. Repairs and renewals of Furniture

Electric & Water charges	1000.00
Diet	15000.00
Linen, bedding etc.	3000.00
Utensils	400.00
Other Petty Items	800.00
TOTAL	<u>20500.00</u>

TOTAL RECURRING . 45220.00

Non-Recurring

Rs.

1. Purchase of furniture, equipment, instruments	25,000.00
2. Purchase of Typewriter	1,000.00

Capital Cost

1. Construction of main building, stores, Laboratory, Kitchen	1,00,000.00
2. Staff Quarters	50,000.00

TOTAL NON-RECURRING	1,76,000.00
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GRAND TOTAL	2,21,220.00
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APPENDIX V (iv)
VISHWAYATAN YOGASHRAM

1. JANTAR MANTAR ROAD,
New Delhi, 8th May, 1961.

Dr. B. K. Anand,
(Professor of Physiology),
All India Institute of Medical Sciences,
Convenor, Committee on Evaluation of
Therapeutical Claims of Yogic Practices,
New Delhi

Dear Sir,

Vishwayatan Yogashram was founded by Maharishi Kartikeyji, who had learnt and carried out a thorough research in ancient Yoga sadhan, Mudra, Pranayam and Asanas for many years in the Himalayas and Tibet. After his *Maha Samadhi* (death), the undersigned established the headquarters of the Ashrama at Katra Vaishnavi Devi, Jammu and Kashmir to continue the high and noble mission for the world-wide propagation of Yoga.

The aim and object of this Ashram is to promote universal prosperity and to develop social, physical mental and spiritual condition of all human beings of all classes, creeds, religions, races, colour and castes by imparting learning based on yoga and vedic, vedantik and ancient Indian Culture and Philosophy.

To establish a Vaishwa Gurukul University by opening instruction centres all over India and abroad for imparting instruction in all languages in theory and practice of 'yoga sciences' which include the imparting of instruction in theory and practice of yogic *shatkarama*, yogic *suksham vyayam*, Yogic *sthal vyayam*, yogic asans, yogic pranayam etc. for the retention and enhancement of physical, mental and spiritual energy, cure of diseases, cure of mental and physical weakness, cure of obesity and other physical deformities of bodies.

The Vishwayatan Yogashram started its Delhi Branch in 1957 and opened its centre at Kudsia Garden to impart yogic training of different sadhanas and kriyas which are greatly useful for maintaining good health and curing ailment to the general public free and without discrimination of caste, creed and sex. After our Annual function which was inaugurated by the Prime Minister, Shri Jawahar Lal Nehru, on the 17th November, 1957, Ashram enhanced its activities and started other centres.

Besides the public, the undersigned imparted yogic training to the Prime Minister and other Cabinet Ministers and high ranking officers of the Government. Owing to the interest shown by the Prime Minister and other national leaders, we were greatly encouraged to open five centres, three for gents and two for ladies and one centre for students at Modern School, Barakhamba Road, New Delhi was also started where more than four hundred students participated in our yogic classes daily. As Kudsia Garden is out of town, so it was not possible for the large number of people to go there and so in order to fulfil the crying need of the public and to facilitate them to greater extent we established our Delhi Ashram, at 1, Jantar Mantar Road, New Delhi and the same was inaugurated by the Vice-President, Shri S. Radhakrishnan on 2nd May, 1958.

In a short period of five years, the Ashram has established several branches at Calcutta, Lucknow, Faizabad, Jaipur, Bombay (Akola) and Delhi where Brahmcharis trained at Katra Vaishnavi Devi give free training to thousands of people without distinction of caste and creed.

During the first two years, the Ashram has imparted yogic kriyas to more than twenty thousand people. Demands from other educational institutions are also received but on account of shortage of trained Brahmcharis, we could not open other centres and a demand was placed before the Central Government for financial assistance for the training of Brahmcharis and the Government was kind enough to sanction a grant of Rs. 3 lakhs for the construction of the Teachers' Training Centre at Katra, Vaishnav Devi, Jammu & Kashmir.

As there are no indoor beds at this Centre this is an outdoor treatment centre. According to the method of this centre, the patients are examined by the *Sanchalak* and after diagnosis certain yogic exercises are prescribed and directed to them. The general course is of forty days. The forty days period is sufficient for the cure of a particular disease. Though the number of patients who joined and cured by this method each year is near about ten thousand, but an accurate data of the year 1960 is given below :—

Sl. No.	Name of disease	No. of patients joined classes	No. of patients who attended 40 days' course regularly
1	Asthma	316	301
2	Blood Pressure	250	237
3	Constipation	3,005	2,980
4	Cold	598	580
5	Cholic pain	320	302
6	Deafness	198	111
7	Diabetes	580	517
8	Dysentery	190	182
9	Dyspepsia	1,122	1,090
10	Eye sight	278	234
11	Gastric trouble	313	302
12	Heart Trouble	59	43
13	Head Ache	240	292
14	Indigestion & stomach trouble	3,218	3,189
15	Kidney	98	89
16	Mental trouble	111	97
17	Nose trouble	150	139
18	Nervous debility	139	128
19	Piles	170	150
20	Skin disease	85	79
21	Stone	5	2
22	Spinal pain	90	81
23	Tonsils	107	93
24	Waist pain	175	164
25	General Health	275	260
		12,092	11,632

A camp of 40 days for treatment of diabetic cases was organised at Jaipur during the month of July and August 1960 which yielded wonderful results and proved the efficacy of yogic therapy. Encouraged by the success of the above camp, we started another camp in Delhi at Tin Murti Marg, Diplomatic Enclave, which was inaugurated by late Shri G.B. Pant, the Union Home Minister.

With a view to expand the activities of the Vishwayatan Yogashram in the sphere of Yogic sadhans, Yogic system of treatment and physical and cultural and carry out research in the yogic therapy, an exhaustive plan has been chalked out. The estimates of the Plan for the establishment and other necessary expenditure are attached hereto. We earnestly request your honour to recommend our case to the Government for their consideration and grant of requisite funds at an early date to enable us to execute these plans into action in the immediate future.

It is expected that the Committee on Evaluation of Therapeutical Claims of Yogic Practices considering over the utility of Yogic System of treatment, would recommend to the Government for an early grant of funds for the purpose.

An early reply is solicited.

Thanking you.

Yours faithfully,

Sd. Dhirendra Brahmchari.

*Estimates of the Establishment for the Research Centre of the Vishawayathan
Yogashram, New Delhi*

Building Fund :

Plot of land for building construction	1,50,000·00
Construction of the building. Nursing Home, Staff Quarters, Servant Quarters, Residence of Brahmcharis, Hall for Meetings, Office, Guest House, Doctor Residences, Nurses Residence and Library, including Boundry wall, with furniture	8,50,000·00
Transport Ambulance (2 vans)	35,000·00
Furniture, Office requisites and stationery	1,50,000·00
Equipments, for Medical and Research Works	1,00,000·00
X-Ray Equipments	1,00,000·00
Books for the Library	50,000·00
TOTAL	14,35,000·00

(Rupees Fourteen lakhs and thirty-five thousand only).

APPENDIX V (v)

YOGA RESEARCH INSTITUTE (Reg).

Researcher : Ramananda Yogi.

Alampuram

(Via, Tadepalligudce

(West Godavari Dt.)

Dated 6th May, 1961.

To

Shri R. L. Anand,
Under Secretary,
Ministry of Education,
Government of India,
New Delhi.

Subject.—Detailed budget and other information asked for.

Sir,

Dr. B. K. Anand, the Chairman of the Yoga Committee has visited our Institution at Alampuram, Andhra Pradesh on 2-5-1961. He asked us to submit a detailed budget and other requirements for the institution and further information on the following points :—

1. English Version of the Trust deed;
2. Present assets of Trust;
3. Immediate specific requirements;
4. Future support for the maintenance of the Institute; and
5. The training and the clinical aspect to be undertaken by the Institution.

We are submitting herewith the detailed information clarifying the above points.

Thanking you,

Yours faithfully,

Sd/- Sri Ramananda Yogi

Managing Trustee.

Copy to :—

Dr. B. K. Anand,
Chairman of the Yoga Committee,
All India Institute of Medical Sciences,
New Delhi.

Enclosures : No. 1, 2.

Enclosure No. 1.

Trust deed of the Yoga Research Institute Alampuram written on the 3rd April, 1958.

History tells that from ancient times India has been in the forefront in search to know about God. Yoga is one of the paths to reach God. The benefits of this path were found out by a few great Rishis and made use of them for themselves but did not so much do in explaining them to common people or written scientific commentaries on the subject or conduct research in a scientific manner. I, Ramananda Yogi with an enthusiasm to do research in Yoga, have written this deed.

Name of the Trust : Sri Ramananda Yoga Research Institute, Alampuram.

Trustees.—The following five persons should be the trustees of this organization.

1. Shri Ramananda Yogi, Alampuram.
2. Shri Chintalapati Sitaramachandra Varaprasada Murty Raju—son of Bapiraju, Chinanindrakolanu, M.L.A.
3. Shri Arneni Subrahmanyam, Gandhipuram.
4. Shri Gadiraju Venkata Subbaraju, son of Gopala Raju, Mandalaparru.
5. Dr. V. Balakrishna Naidu, Gudivada.

People that gave this in writing :

1. Shri Ramananda Yogi, Alampuram.
2. Kolanuvada Ramamma—husband Surya Narayana Raju, Alampuram.

Objects of the Organization

1. To patronise all sciences that lead to God giving special importance to Yoga, doing research with the modern scientific aids.
2. To receive help for such research from the general public and Government.
3. To acquire modern scientific instruments for research in Yoga, to build a research institute for the present near Alampuram of Parattipadu Ayakattu between the canal and the Road with the aid got. Also to build necessary offices, hospital, hostels in any appropriate Village.
4. To strive in doing research in the preservation of public health and assist people in securing health.
5. To take the assistance of experts in India as well as in the world in furthering Yoga, to help them that are in need, to invite them for that purpose to go to any part of the world as per necessity.
6. To give awards to experts in Yoga practice, to bear them, to give training to others with the help of the experts in Yoga.
7. In addition to these to do good deeds to uplift the Sanatana Dharma of the Vedas and to preach faith in God.

Should be the main aims of this organization.

Rules of this Organization

1. This organization should be the organization of the people for doing good to humanity.
2. This organization should have the above five trustees and among them Ramananda Yogi should be the managing trustee.
3. The affairs of this organization should be conducted by the division of the majority vote. For that purpose the members should meet at least once in a month at a central place and chalk out a programme and record them in a minute book kept for that purpose. The Chief trustee should execute the decisions arrived at. In case of difference of opinion in any one point the majority decision should solve the problem. The president can use his casting vote in case there are four members. There should be no meeting without at least three trustees. The meeting notice along with the agenda should be sent to the trustees at least three days before the meeting.
4. The trustees should do their duties without any remuneration. Neither they nor their people should have any dealing with the organization to get profits.

5. If any one of the trustees wants to go out he should hand over a letter of resignation. If such or due to any reason vacancy arises the other four trustees should fill the gap by electing a charitable natured, God fearing, person of perseverance noble hearted, good natured man or woman irrespective of creed.

6. The Chief trustee should keep a true account of the income and expenditure of all the properties of the organisation. He should take the entire responsibility. Every item of expenditure above Rs. 50 should have the sanction of the trustees as an association. If the Managing Trustee spends more than the prescribed amount in case of emergency he should get it sanctioned at the next meeting of the trustees. Once in a year the accounts should be audited by certified auditor, balance got and those details should be put up on the notice board of the organization.

7. The trustee Council should have the power to do any development activity in consonance with the main objects of the organization and not antagonistic to them. The Council should have the power to enumerate necessary rules to execute such a programme.

To build a Yoga research institute to achieve those objects, the following properties worth about Rs. 21,000 have been given to the above five trustees with full rights and kept in their custody today.

2. *Present Assets :*

	Rs.
1. One Terrace building 35' x 45' consisting of two big halls, two rooms and one Verandah	21,000
2. Compound including building area yards 1452	6,000

Liability :

Loan brought towards construction	8,000
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3. *Immediate requirements for Yoga Hospital :*

Personnel	Qualification	Scale of pay per month including all allowances.
Medical Officer	M.B.B.S.	Rs. 500—20—750.
Yoga Medical Officer		Rs. 500—20—750.
Laboratory Assistant		Rs. 150—10—250.
Qualified Allopathic Compounder		Rs. 75—5—125.
Qualified Nurse—2		Rs. 175—5—180.
Toti—2		Rs. 40—5—60.
Attender		Rs. 50—5—75.
Sweeper		Rs. 40—3—60.
Night Watchman		Rs. 40—3—60.
Peon		Rs. 40—3—60.
Typist	Higher	Rs. 100—5—125.
Accountant-cum-Clerk		Rs. 100—5—150.
Per month :		Rs. 1,810.
Per one year :		Rs. 21,720.

HOSPITAL FURNITURE AND EQUIPMENT WITH ESTIMATES

	No. of items	Esti- mates
		Rs.
<i>Non-recurring</i>		
Iron tables with drawers 4' × 6'	2	500
Iron chairs	6	300
Iron benches 2' × 6'	6	480
Iron almiras 3' × 6½'	2	700
Wooden Dispensing table	1	200
Iron Surgical table	1	1,000
Wooden examination table	1	100
Iron stools	6	80
Wash basins C stands	6	90
Wooden work table with drawers	2	400
Typewriter	1	800
Van to visit the outside patients		20,000
Weighing machine	1	100
Clinical microscope	1	1,500
Electrical centrifuiel	1	300
Folin Sugar tube	1	50
Flame photometers		5,000
Sacchrometer	2	20
Alluminameter	1 × 2	20
Photoelectric colorometer	1	5,000
Haemocytometer	1	120
Haemoglobinometer	1	75
Banmanameter	1	130
Blood pressure apparatus		
<i>Recurring</i>		
Chemicals		1,000
Glass-ware for laboratory work		1,000
One terrace-ward to accommodate twenty in-patients with two latrines, two lavatories, two bath rooms, and store room (Rough estimate)	20' × 80'	50,000
Kitchen Hall—tailed (Rough estimate)	10' × 40'	20,000

	No. of items	Estimates
		Rs.
Twenty-five beds (Iron cots and other bed side accessories).	25 × 500	12,500
Towards diet of the 25 patients per month	Rs. 1,000 per one year.	25,000
Towards the maintenance of the trainees while in practice per head Rs. 100 per month Rs. 100 per ten trainees Rs. 1,000	Per one year.	10,000
		<u>1,56,365</u>

4. *Future support for the maintenance of the Institution :*

As per the trust deed we wish to be serviceable to the Public and be patronised by them in the maintenance of the Institution, whenever there is opportunity we also receive grants from the local bodies, State and Central Governments.

5. *The immediate work to be undertaken by the Institution :*

It is decided by the Board of Trustees to carry out a programme both for giving training to ten students in the higher practice of Yoga and to treat suffering persons with various diseases in the out-patient and in the in-patient wards. In the out-patient ward it is decided to treat all general diseases but in the in-patient ward to treat only Fits, Rheumatic pains, Diabetes, Mellitus, Pulmonary-Tuberculosis and Dyspepsia.

It is also decided to send the ten trained students to the Institute of All India Medical Sciences, Delhi, from time to time for periodical check up and investigation.

Recurring Expenditure

	Rs.
Hospital Personnel (Per Year)	23,640
Chemicals	1,000
Glass-ware for Laboratory work	1,000
Diet charges for 25 patients	25,000
Maintenance charges for the 10 trainees	12,000
TOTAL	<u>62,640</u>

Non-Recurring Expenditure

Construction of an in-patient ward	50,000
Kitchen hall	20,000
25 iron cots with side accessories	12,500
Hospital furniture and equipment	36,865
TOTAL	<u>1,19,365</u>
GRAND TOTAL RECURRING	<u>62,640</u>
NON-RECURRING	<u>1,19,365</u>
TOTAL	<u>1,82,005</u>

Copy of letter No. Nil dated 27th June, from the Director, Yoga Research Institute (Reg.), Alampuram.

BUDGET PROPOSALS FOR CARRYING OUT TREATMENT OF SOME DISEASES BY YOGIC METHODS AND EVALUATION OF ITS EFFECTS DURING 1961-62

It is for the last 20 years that I have been practising Yoga and have been employing Yogic methods for the treatment of different diseases. Apart from employing yoga for therapeutic purpose, I have been keenly interested to carry out scientific research for finding out effects of various yogic practices on human body. I have volunteered several times to be subject for such a research and have thus collaborated with several prominent scientists, doctors and institutions to convince the world about the effectiveness of Yogic practices scientifically. The noteworthy among these are : Doctor M. A. Wanger and B. K. Bagchi of the U.S.A., Dr. G. V. S. Murti, Principal, Vizagapatnam Medical College, Andhra Pradesh and Drs. B. K. Anand and Gulzar Singh of the Neurophysiology Research Unit of Indian Council of Medical Research at the All India Institute of Medical Sciences, New Delhi. The reports of the experiments carried out on me have been published in some well-known foreign and Indian scientific journals by these workers. As a result of these investigations, they have been able to prove to the scientific world the usefulness of yogic practices.

It is now planned to train some students in the advanced Yogic practices. For this purpose 12 students will be admitted after every five years and given intensive training. In addition to testing the physiological improvement in their body they will be sent to Dr. B. K. Anand, Professor of Physiology, at the All India Institute of Medical Sciences, for carrying out detailed examination at regular intervals. Some routine investigations shall be carried out in the premises of the Institute with the help of the Medical Officer and the other technical staff. A request for the purchase of laboratory equipment and some important books for the Library has been made. This is very much essential for the teaching and research programmes that are to be carried out. The request for funds for building a hostel etc. for students has been incorporated in the budget, because it is difficult to raise funds from other sources. This programme has to be carried out at least for five years to see the effects of the Yoga on the trainees and to give them proper instructions. An urgent sanction for the grant of this budget is requested.

BUDGET

ESTIMATED EXPENDITURE FOR THE YEAR 1961-62

I. YOGA TRAINING

A. Training of Yogic Students :

1. Stipend for 12 students (6 male and 6 female) at the rate of Rs. 100/- per student per month for one year. (The Class to be continued for 5 years).		Rs. 14,400
2. Medical Officer M.B.B.S. for teaching modern physiology and anatomy.	One	500—20—750
3. Yoga Teacher	One	500—20—750
4. Sanskrit & English Teacher	One	160—10—250
5. Nurse	One	175— 5—180
6. Typist	One	100— 5—125
7. Accountant-cum-Clerk	One	100— 5—125
8. Peon	One	40— 3— 60
9. Night Watchman	One	40— 3— 60
10. Sweeper	One	40— 3— 60
11. Cook	One	70— 5—100

B. Building for Yoga Students :

1. Hostel, bath rooms and latrines and kitchen	Rs. 40,000
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TOTAL	Rs. 56,125
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II. YOGA RESEARCH

A. Staff :

1. Yoga Acharya	(500—20—750)	Same as for training Students.
2. Doctor for Laboratory Investigations.	(500—20—750)	Same as for training.
3. Laboratory Assistant (Two).	(150—10—250)	Same as for training.
4. Nurse	(175—5—180)	Same as for training.
5. Typist	(100—5—125)	Same as for training.
6. Accountant-cum-Clerk	(100—5—125)	Same as for training.
7. Peon	(40—3—60)	Same as for training.
8. Night Watchman	(40—3—60)	Same as for training.
9. Sweeper	(40—3—60)	Same as for training.
10. Cook	(70—5—100)	Same as for training.

B. Laboratory furniture and equipment with estimates :

		No. of items	Rs.
<i>Non-recurring :</i>			
Iron tables with drawers	4' × 6'	2	500
Iron Chairs	2' × 6'	6	300
Iron Benches	2' × 6"	6	480
Iron Almiras	3' × 6½"	2	700
Wooden Dispensing table		1	200
(For tilling Yoga poses)			
Wooden Examination table		1	100
Iron Stools		6	80
Wash basins C stands		6	90
Wooden work table with drawers		2	400
Type-writer		1	800
Weighing Machine		1	100
Clinical Microscope		1	1,500
Electrical Centrifugal		1	300
Folin sugar tube		1	50

	No. of items	Rs.
Flame Photometer		5,000
Sacehrometer	2	20
Alluminameter	1 × 2	20
Photoelectric Colorometer	1	5,000
Haemocytometer	1	120
Haemoglobinometer	1	75
Banmanameter	1	130
(Blood pressure apparatus)		
Chemicals		1,000
Glassware for laboratory work		1,000
	TOTAL	17,965
<i>C. Contingencies for labortory and training programmes</i>		
		5,000
<i>D. Library books for training and research purposes</i>		
		10,000
TOTAL OF I		Rs. 56,125
TOTAL OF II		Rs. 34,680
GRAND TOTAL I & II		Rs. 90,805

सत्यमेव जयते

APPENDIX V(vi)

Copy of letter dated 10th April, 1961 from the General Secretary, The Divine Life Society, to Shri R. L. Anand, Under Secretary to the Govt. of India, Ministry of Education, New Dehli.

Salutations and adorations

I have the honour to invite your kind attention to the visit of the Committee for the Evaluation of Yogic practices in this Ashram and wish to request your goodself to kindly furnish us with the necessary particulars and details concerning the set up of a Yogic Clinic here. I am expecting from your goodself some information as to the nature of the equipment that we may have to install or keep for the purpose. We shall be helped by the Government financially. A statement as to the extent of help that we would expect from the Government will be submitted on hearing from you any advice that may be beneficial to us in the matter.

With respects and regards.




APPENDIX V(vii)

BUDGET ESTIMATE OF THE INSTITUTE OF YOGIC CULTURE, TRIVANDRUM, FOR THERAPY, RESEARCH AND TREATMENT IN YOGIC PRACTICES

	Rs.	Rs.
Expenditure :		
A. Non-recurring :		
(a) Site & Buildings	1,50,000	
(b) Equipment & Furniture	30,000	
(c) Library	5,000	
		1,85,000
B. Recurring :		
(1) Pay and Honoraria		
(a) Honorarium for Director @ Rs. 600 per mensem	7,200	
(b) Remuneration to Consulting Director @ Rs. 500 per mensem.	6,000	
(c) Pay of Instructors (6) @ Rs. 200—10—300 per mensem. Average cost at Rs. 250—25 × 12 × 6	18,000	
D.A. @ Rs. 20—20 × 12 × 6	1,440	
(d) Pay of clerks—(3) Head Clerk 1 @ Rs. 160—10—280. Average cost 220 × 12	2,640	
2 clerks @ Rs. 110—10—220 Average cost 165 × 12 × 2	3,960	
D.A. to 2 clerks 10 × 12 × 2	240	
D.A. to Head Clerk 20 × 12	240	
House rent allowance @ Rs. 7.50 × 12 × 2	180	
(e) Pay of Steno-typist @ Rs. 160—10—280. Average cost 220 × 12	2,640	
D.A. @ Rs. 20	240	
		42,780
(2) Travelling Allowances	5,000	5,000
(3) Contingencies		
Office expenses & Miscellaneous	2,000	
Stationery & Printing	1,000	
Publications of Periodicals	2,000	
Journals & Papers	1,000	
Diet charges for 25 patients at Rs. 100 per head per mensem	30,000	
		36,000
GRAND TOTAL	2,68,780 or 2,69,000	or

The recurring expenditure is required for five years from 1961-1962.

**EQUIPMENT AND ITS APPROXIMATE COST WHICH MAY BE
REQUIRED FOR A "MODEL" PATHOLOGY LABORATORY TO BE
SET UP AT UHE SELECTED YOGA INSTITUTIONS**



सन्त्रासमेव नयन्ते